



City of Longmont

Recreation

& Golf Services



Your Community, Your Life

Summer 2016



See Inside:

- City Information Section
- Event Calendar Pullout
- Rhythm on the River Schedule • July 8 & 9

Quick Reference Guide

3 Easy Ways to Connect with Recreation

Questions? Registrations? Reservations?



ONLINE: RecSupport@LongmontColorado.gov

- Home Page: www.LongmontColorado.gov
- Program Registrations: www.LongmontColorado.gov/rec
- Park Shelter Reservations: www.LongmontColorado.gov/park-shelters



IN PERSON:

- Centennial Pool, 1201 Alpine St
- Longmont Recreation Center, 310 Quail Rd
- St Vrain Memorial Building, 700 Longs Peak Ave



OVER THE PHONE:

See more phone numbers inside on page 2 in the City Info Section

1. General Class Registrations: 303-651-8404
2. Aquatic/Swim Lesson Registrations: 303-651-8406
3. Longmont Recreation Center Facility Questions: 303-774-4800
4. Park Shelter Reservations: 303-651-8404
5. Athletics/Sports League Registrations: 303-774-4800
6. Facility Reservation Information: 303-651-8404
7. Birthday Parties: 303-651-8404

Register for classes Beginning April 5, 2016

IMPORTANT INFORMATION

- Full payment is due at registration.
- \$5 minimum service charge assessed for cancellations. Cancellations requested with less than 7 days notice are subject to no refund or loss of a percentage of fees paid.
- Sorry, refunds cannot be given in cash. A check will be issued and mailed within 2 weeks.
- \$20 charge on all returned checks.
- A resident is defined as living within the City limits of Longmont and having utilities (trash service) provided by the City of Longmont.
- Classes may be cancelled or consolidated if minimum enrollment figures are not met 3 business days before a class starts. Participants will then be contacted.

GOLF ADVISORY BOARD

Carlo Alaqua John Altenborg
Anne Dorozenski Mark Frederick
Greg Tafel Dave W. Wergin
Gabe Santos, *City Council Liaison*



COMMUNITY SERVICES DEPARTMENT

Premier municipal services committed to being dynamic, innovative and fully accessible for our residents so they can live, work and play to their fullest.

- Affordable Housing/CDBG
- Children, Youth and Families
- Community and Neighborhood Resources
- Library
- Museum and Cultural Center
- Recreation & Golf Services
- Senior Services

PARKS & RECREATION ADVISORY BOARD

Rick Accountius Sue Ahlberg
Doug Golliher Karen Kochanski
Cherese Montgomery Robert Pudim
Amy Saunders
Brian Bagley, *City Council Liaison*

Admittance Fees (All fees are subject to change. Resident is defined as within Longmont city limits.)

Drop-In Visit

(per person)

	Resident	Non-Resident
Tot Under 2 years	Free	Free
Child 2-10 years	\$3.75	\$4.75
Youth 11-17 years	\$4.00	\$5.00
Adult 18-54 years	\$5.00	\$6.25
Senior 55 and up	\$4.00	\$5.00
Designated Family Swims	\$11.00	\$13.75

Drop-In Visit fees are good for all day, same day use, at a any site with receipt.

20 Visit Pass

Valid at all facilities - Expires 5 years from date of purchase.

	Resident	Non-Res	Corp/Mil
All ages	\$75.00	\$93.75	\$67.50

20 visit passes may be shared with friends and family.

Please present card when checking in.

Annual*

All facilities included. Expires 1 year from date of purchase

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$143.00	\$178.75	N/A
Youth 11-17 years	\$204.00	\$255.00	N/A
Adult 18-54 years	\$358.00	\$447.50	\$286.50
Senior 55 and up	\$204.00	\$255.00	\$163.25
Household†	\$674.00	\$842.50	\$602.50
Couple	\$594.00	\$742.50	\$522.50

Annual pass purchases include 2 free visits for individual passes, 4 for couple passes, and 6 for household passes. Free visits expire after 1 year.

Quarterly* Valid at all facilities. Expires after 3 months.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$41.00	\$51.25	N/A
Youth 11-17 years	\$59.00	\$73.75	N/A
Adult 18-54 years	\$103.00	\$128.75	\$82.50
Senior 55 and up	\$59.00	\$73.75	\$47.25
Household†	\$194.00	\$242.50	\$174.50
Couple	\$171.00	\$213.75	\$154.00

Monthly Auto Debit Pass*

Valid at all facilities. Monthly credit card charge or checking/savings account debit on the 10th of the month. Minimum commitment 3+ months required.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$14.00	\$17.50	N/A
Youth 11-17 years	\$20.00	\$25.00	N/A
Adult 18-54 years	\$36.00	\$45.00	\$32.50
Senior 55 and up	\$20.00	\$25.00	\$18.00
Household†	\$67.00	\$83.75	\$63.00
Couple	\$59.00	\$73.75	\$55.50

Requires minimum commitment of three full month payments in addition to any pro-rated month. Forms to cancel auto debit must be received by the 25th of the month prior to stopping; no proration. Any overdraft fees responsibility of card-holder.

*Extended Passes

The benefits of Annual, Quarterly, and Monthly auto-debit passes:

Admittance to all indoor year-round facilities. Admittance to seasonal outdoor facilities (Sunset Pool, Kanemoto & Roosevelt Activity Pools, and Ice Pavilion.).

Free towels at LRC and the St Vrain Memorial Building.

Free Babysitting at LRC for Family Passholders.

Free ice skate rental at Ice Pavilion.

†Household pass: The household rate is for 2 adults, their children (22 & under) living at home.

Prescheduled Group Rate (10+ people)

A reduced visit drop-in rate for groups of 10 or more at the Longmont Recreation Center, (303) 774-4800; Centennial Pool, (303) 651-8406; and Sunset Pool (303) 651-8300.

A name, phone number and number of people expected is required to pre-schedule at a facility. No deposit necessary. 24 hr advance notice required. Please call for rate details.

	Resident	Non-Resident
Child/Youth 2-17 years	\$3.50	\$4.25
Adult 18-54 years	\$4.50	\$5.75
Senior 55 and up	\$3.50	\$4.25

Activity Pool Fees

Valid at Kanemoto and Roosevelt Activity Pools.

See page 9.

	Resident	Non-Resident
Under 1 yr	\$0.75	\$1.00
1-5 yr	\$3.00	\$3.50
6yr & older	\$3.50	\$4.50

Activity Pool Season Pass

(valid May 27-Aug 14) Valid only at Kanemoto and Roosevelt Activity Pools. Please purchase at Centennial Pool, Sunset Pool, St Vrain Memorial Building, or the Longmont Recreation Center.

	Resident	Non-Resident
Under 1 year	\$13.50	\$18.00
1 to 5 years	\$54.00	\$63.00
6years and older	\$63.00	\$80.00

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www.facebook.com/
longmontrecreation



Longmont Civic Center

350 Kimbark • 303-776-6050

Hours of Operation:

Monday 8am-5pm | Tuesday 7:45am-6pm
Wednesday 8am-5pm | Thursday 7:45am-6pm
Friday 8am-5pm | Closed Saturday and Sunday

Holidays: Closed May 30 and July 4

City Council

There are a variety of ways to contact city council members:

- City council meetings, every Tuesday at 7 pm
- Coffee with Council, typically the last Saturday of every month Jan-Oct
- Mail c/o City Clerk's Office, 350 Kimbark St. 80501
- Public events, including Cinco de Mayo, Rhythm on the River and Festival on Main
- Email and phone

MAYOR

Dennis Coombs

Term expires 11/2017

dennis.coombs@longmontcolorado.gov
303-651-8602

Mayor Pro Tem, WARD I

Brian Bagley

Term expires 11/2019

brian.bagley@longmontcolorado.gov
720-400-9877

WARD II

Jeff Moore

Term expires 11/2017

jeff.moore@longmontcolorado.gov
303-774-3617

WARD III

Bonnie Finley

Term expires 11/2019

bonnie.finley@longmontcolorado.gov
303-774-3612

AT-LARGE

Polly Christensen

Term expires 11/2017

polly.christensen@longmontcolorado.gov
303-774-3618

AT-LARGE

Joan Peck

Term expires 11/2019

joan.peck@longmontcolorado.gov
303-774-3619

AT-LARGE

Gabe Santos

Term expires 11/2017

gabe.santos@longmontcolorado.gov
303-774-3615

LONGMONT PHONE NUMBERS

General Information	303-776-6050
Animal Control	303-651-8500
Building Inspection	303-651-8332
CDBG / Affordable Housing	303-651-8736
Centennial Pool	303-651-8406
Children, Youth and Families	303-651-8580
City Clerk's Office	303-651-8649
City Manager / Mayor	303-651-8601
Code Enforcement	303-651-8695
Community & Neighborhood Resources	303-651-8444
Economic Development	303-651-8330
Electric Power Interruption	303-776-0011
Fire Administration	303-651-8437
Forestry	303-651-8446
Hearing Impaired TTD#	800-659-3656
Longmont Museum & Cultural Center	303-651-8374
Longmont PD/BCSO Firing Range & Training Center	303-774-4587 or 303-774-4589
Longmont Power & Communications	303-651-8386
Longmont Public Library	303-651-8470
Longmont Recreation	303-651-8404
Municipal Court	303-651-8688
Parking Enforcement	303-651-8658 or 303-774-4724
Parks, Open Space & Trails	303-651-8446
Police Administration	303-651-8555
Public Works Engineering	303-651-8304
Senior Center	303-651-8411
Streets & Traffic	303-651-8416
Sunset Pool (Seasonal)	303-651-8300
Sunset Golf Course	303-651-8466
Trash & Recycling	303-651-8416
Twin Peaks Golf Course	303-651-8401
Union Reservoir	303-772-1265
Ute Creek Golf Course	303-774-4342
Utility Billing	303-651-8664
Water/Sewer/Storm Drainage	303-651-8468

LONGMONT ONLINE

- **Home Page:** www.LongmontColorado.gov
- **LifeLongmontLearning:** www.lifelongmontlearning.com/
- **Twitter:** [www.twitter.com/cityoflongmont/](https://twitter.com/cityoflongmont/)
- **City Line:** www.LongmontColorado.gov/cityline
- **Facebook:** www.facebook.com/cityoflongmontco
- **YouTube:** www.youtube.com/user/cityoflongmont
- **Flickr:** www.flickr.com/groups/longmontcolorado/



Join Coffee With Council in 2016

The public is invited to Coffee with Council typically held on the last Saturday of the month, January through October, at local coffeehouses throughout Longmont. For exact times and dates check the Longmont website at www.LongmontColorado.gov.

For information about city council meetings and agendas, visit www.LongmontColorado.gov or call the City Clerk's Office at 303-651-8649.

Celebrate Cinco de Mayo Longmont Style

**Saturday, April 30,
11am to 6pm**

**at Roosevelt Park,
700 Longs Peak Ave**

This year's 13th annual Cinco de Mayo Celebration aims to create awareness of the many diverse cultures that exist in our county and create a better understanding and recognition of the contributions of Latino culture in Longmont.



Longmont's Cinco de Mayo Celebration has a long history of being a healthy, family-oriented, alcohol- and tobacco-free event. Enjoy musical and dance entertainment groups, vendor and information booths, a car show, the famous Chihuahua contest, and tons of great food! There also are many fun activities for children, and admission is free.

This year's car show will be hosted by the Suave Car Club from 12:30 pm to 6 pm. All entries must register between 7 am and 1:30pm and have a signed liability waiver on file to participate. Entry fees are \$25 for cars, \$15 for bikes, and free for "under construction" entries. Learn more at www.longmontcincodemayo.com.

Outdoor Warning System Tested Every Month and Many Mondays Through the Summer

Every year from April through August, the City of Longmont tests the outdoor emergency warning system the first Monday of each month at 10 am. In 2016, additional testing will be conducted every Monday at 10am. Other than for testing, the system will be used only to notify the community when action should be taken.

The sirens are for OUTDOOR warnings, although you might hear a nearby siren indoors. If you hear the siren and it isn't 10 am on the first Monday of the month, you should immediately seek shelter inside and tune to a local television or radio station to learn more about the nature of the emergency. Comcast channel 8 and radio station KOA 850 AM are good choices.

Please DO NOT CALL 911 when you hear the siren unless you have a real emergency. It is critical to keep the 911 lines open for people who require immediate assistance. Residents are encouraged to use battery-operated weather radios that activate automatically during severe weather.

For more information, contact the City of Longmont Office of Emergency Management at 303-651-8438.

Take your place on a city board or commission!

What is your passion? Preserving history? Programs for senior citizens? Longmont's beautiful parks and open spaces? Ensuring that community services are available to everyone?

If you have a desire to serve your community and participate in the deliberation of topics of importance to the city, consider serving on a volunteer advisory board. Applicants must be registered voters and residents of Longmont for at least one year prior to serving.

It's as easy as apply! Visit the City's website at www.longmontcolorado.gov/board-application. Questions? Call the City Clerk's Office at 303-651-8649.

Prepare for Mosquito Season - Fight the Bite

For the past few years, Boulder, Weld and Larimer counties have been hotspots for mosquitos that carry the West Nile virus. The City of Longmont works with the Boulder County and Weld County health departments, the Centers for Disease Control and Prevention (CDC), the Colorado Department of Public Health, and Colorado Mosquito Control to lessen the impact of West Nile in our community.

The City's mosquito program relies on several tactics to address the problem, and localized spot spraying is one of them. Localized spraying usually occurs around small ponds and streams where mosquitos breed. Rarely, the City conducts citywide spraying when there is a significant risk of West Nile virus but only after recommendations from Boulder County Public Health, the Colorado Department of Public Health and Environment, the CDC, and the Longmont City Manager.

Although Longmont has a sophisticated mosquito control program, the most important component is residents protecting themselves. Follow these tips – the 4 Ds – to avoid mosquito bites:

- ✓ Dusk: Minimize activity between dusk and dawn.
- ✓ Dress: Wear long sleeves and long pants when you are outside between dusk and dawn.
- ✓ Drainage: Remove all stagnant water in your yard, including in pools, birdbaths, tires and pottery.
- ✓ DEET: Use a mosquito repellent when you are outside, preferably one that contains DEET.

You also can call the toll-free Comment Line at 877-276-4306 or 970-962-2582 to report problem areas or voice concerns.

Spring Clean Up: Remember to Keep Utility Meters Accessible

Each month, City of Longmont employees read about 70,000 electric and water meters. Their goal is to quickly and accurately read each meter so that you receive utility bills with actual, timely readings rather than estimates.

In some cases, this process can present a challenge. Plants, yard décor, debris or fenced areas around meters can create barriers that keep readers from getting close enough to read the meter. Fortunately, there are things that you can do to help.

Remember to clear any obstructions around meters for a minimum of three feet to allow access. The path to a meter should also be free of any brush or vegetation and if your meter is within a fenced area, please keep gates unlocked and in good working condition.

You also have the option to switch to an automated meter-reading system that collects a read without an employee entering your property. If this option is chosen, a one-time fee can be added to your utility bill to cover the cost of additional equipment and installation. Payment options are also available.

City of Longmont staff can answer any questions you may have about keeping meter reading areas cleared or obtaining automated meter reading equipment. For more information, call Longmont Power & Communications at 303-651-8386.



Utility Payment Assistance

With the costs of utility services rising, some in our community need help to make ends meet. The City of Longmont has posted a list of 24 agencies that offer utility payment assistance at www.bit.ly/longmontutilityassistance. Applicants must meet stringent qualifications, and some programs are designed for vulnerable populations such as those 55 or older, lupus and MS patients, and veterans. Longmont's Utility Billing Division also offers payment programs for residents who are behind in their payments. If you are unable to pay by the date noted on your bill and you wish to make a payment arrangement, call Utility Billing Customer Service at 303-651-8664 between 8 am and 5 pm Monday through Friday. Failure to pay your bill may result in your service being disconnected.

Avoid the Scam

Ask for ID or call the City directly

You commonly see City employees and contractors out repairing streets, reading water meters, picking up trash, and installing fiber optic cable. Sometimes they have to come onto your property to get their work done. But how can you be sure that they really work for the City?

Keep these six things in mind when someone claims to work for the City of Longmont:

- 1. Look for a City of Longmont logo on their clothing.** Employees always wear a t-shirt or uniform or jacket with a City logo or emblem. For example, Longmont Power & Communications employees wear clothing with "LPC" or "NextLight" on it; others wear clothing with the City logo. (NextLight is Longmont's broadband service.) Sometimes, LPC hires contractors – they don't have City logos on their clothing, but they must have an ID badge.
- 2. Employees working for the City usually drive vehicles that are clearly marked with City logos.**
- 3. City of Longmont employees are required to carry identification** with the City's phone number printed on the back. Call the number if you're in doubt.
- 4. A City utility worker will never ask to be paid directly by a customer** and will not take money from you.
- 5. A City utility worker will ask to come inside a house only for a scheduled appointment:** a NextLight installation, indoor water meter reading, or similar work. There should be no other reason for a City employee to enter your home.
- 6. If a contractor doing work for the City comes to your home, that person will have City identification as well.** Contractors are sometimes assigned work inside residents' homes, and they are required to have City ID badges.

SIDEBAR: If you want to be sure that people who say they're City workers really are, just call:

- Longmont Public Works & Natural Resources - 303-651-8416
- Longmont Power & Communications - 303-651-8386



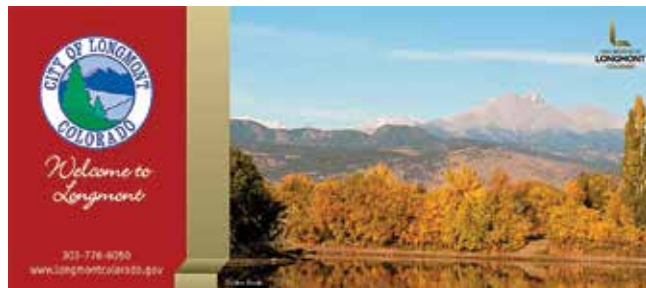
Make the NextLight™ Connection

It's still the best Internet value in Longmont – our Charter Membership offers a gigabit connection to your home for just \$49.95 a month. All you have to do is call 303.651.8386 and sign up for NextLight, Longmont's community-owned broadband network, within three months of the service arriving in your neighborhood. And if NextLight hasn't come to your part of town yet, call anyway. You'll become a NextLight prospect and get an early heads-up when everything is ready for you. For more information, check us out at www.longmontcolorado.gov/nextlight.

Bike to Work Day

June 22, Wednesday

Join thousands of commuters across the Front Range who will leave their cars at home and bike to work on Wednesday, June 22. Not only will you get some good exercise and save on gas, you can get a free breakfast, too! Beginning at 6:30 am, several Longmont businesses will offer free coffee and breakfast snacks to those who ride their bike to work. After work, bicycle commuters are invited to participate in Bike Home when local watering holes offer discounts for bicycle commuters. For a list of morning and evening Bike to Work Day stations – or to host a station yourself – and lots more information about activities and how to get involved visit www.biketoworkday.us.



Welcome Brochure Available

Moving to a new community can be hard. But the City of Longmont is easing the transition by compiling information that every new resident needs into a compact brochure.

The new brochure is now available and is mailed to every resident that signs up for utility services. If you're new to Longmont and want to start electric, water, sewer, solid waste and storm drainage services call 303-651-8664 and be sure ask for your brochure.

Once service is connected, you can pay your bill on-line, mail your payment with your monthly bill stub, pay at the Civic Center at either the Cashier or Utility Billing windows, or sign up for electronic bill payment. The Civic Center is located at 350 Kimbark and is open to customers for payments Monday, Wednesday and Friday from 8 am to 5pm and Tuesday and Thursday from 7:45 am to 6 pm. Customers can also charge their bill to a debit or credit card by calling 303-651-8664 weekdays between 8 am and 5 pm.

Visit www.LongmontColorado.gov/utilities for more information.

Summer Lawn Watering Guidelines for Residents and Businesses

These eight water conservation tips can help you and your city conserve water, especially during dry years.

1. **Wait to turn on sprinklers until after April 15.** Turf can stay dormant longer than you think and will green-up when you start to irrigate. Hand water trees as needed.
2. **Try to water twice a week to make turf more drought tolerant.** Watering more deeply twice a week and supplementing with rain can make grass roots grow deeper and be more drought tolerant. If you've got a sprinkler system, make sure water gets to the roots by cycling your run times. Cycling run times lets water soak down to the roots with a simple control clock adjustment. Instead of running a zone for 15 minutes, switch to running the zone for 5 minutes once an hour over a three hour period early in the morning.
3. **Don't water between 10 a.m. and 6 p.m.** When you water during the day less water reaches your lawn. Water at night or in the early morning to prevent water loss caused by evaporation and wind.
4. **If it rains, water less. Watch the weather and adjust watering days and times accordingly.** If you have a control clock, use rain sensors to shut off irrigation during rain events.
5. **Watch for irrigation leaks, broken sprinkler heads or damaged irrigation lines that cause water waste.** Repair any leaks quickly.
6. **Install low-water landscape when appropriate.** Avoid installing landscaping during the hottest months, especially during dry years. Look for low-water, drought resistant turf, trees and xeric plants. Check with your water supplier for any additional lawn watering rules.
7. **Let grass grow longer before you cut it.** Raise your lawn mower blade and protect your lawn from heat by letting grass grow longer.
8. **Water plants and trees, not sidewalks.** Instead of using water to spray down your driveway, use a broom. Sprinkler heads causing water to run down your sidewalk or street? Make sprinkler repairs and adjustments to ensure water stays on your plants, turf and trees.

For more information on wise water choices visit
LongmontColorado.gov/water or call 303-651-8468

City providing Afterschool and Summer Meals in the Community

While school is in session, the division of Children, Youth and Families serves meals to children 18 and under at the Longmont Youth Center, 1050 Lashley, Monday-Friday at 3:30 p.m. CYF has a long history of providing afterschool activities, enrichment programs and leadership opportunities to youth in Longmont and they are excited to collaborate with the USDA free meals program to provide nutritious meals. Please call the youth center at 303-651-8580 for more information.

For the second year, three City of Longmont divisions (Children, Youth and Families, the Longmont Public Library, and Recreation Services) along with many other community partners are collaborating to provide summer meals at the Longmont Youth Center's summer program and to children living near Affolter and Rothrock Dell parks.

Summer meals are served, May 31-Aug4, Monday through Thursday, 11am-1pm, at 3 different sites within the City of Longmont:

- Youth Center, 1050 Lashley Street
- Affolter Park, 1400 Holly Avenue
- Rothrock Dell Park, 700 E. 5th Avenue

Please call Youth Center 303-651-8580 for more details.

As part of the summer enrichment programming at Affolter and Rothrock Dell, the Library Bibliocycle and Recreation Services will provide lunch-time activities. Activities are geared toward younger children at Affolter and Rothrock Dell parks and for older youth at the Youth Center! Any child who is 18 or younger is most welcome at any of the sites. We also welcome volunteers to help with the activities or serving meals. Want to volunteer? Questions? Please contact the youth center at 303-651-8580.

Alive at 25

Alive at 25 is a driver's awareness course designed by the National Safety Council for young drivers ages 15-24. Designed to be an early intervention program, the class helps prevent traffic violations, collisions, and/or fatalities among young motorists. Registration is through Alive@25 by calling 720-269-4046 or the website www.aliveat25.us

15 to 24 years: Saturdays 9am-1:30pm
Dates: Apr 16, May 21, Jun 18, Jul 16, Aug 20
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$39 driver permit/\$79 court ordered

Local Service Providers

The City of Longmont Recreation staff strives to provide a broad spectrum of recreation and leisure opportunities for a wide range of ages, interests and abilities. However, we also acknowledge that not every recreational interest is addressed in our program line up. With this in mind, we would encourage you to contact one or more of the other local providers that provide quality programs in the Longmont community.

Web addresses and e-mails are available at www.LongmontColorado.gov/rec.

	Contact	Phone
Boulder Valley Lacrosse	Josh Sims	303-952-4049
CO Rebels Fast-pitch Softball	Mark Drouhard	970-381-6307
Dance Dimensions	Office	303-772-3750
Garden Acres Batting Cages	Salvadore	303-682-0822
High Altitude Archery	Tom Adjutant	720-491-3309
Indian Peaks Girls Softball Assn	Melissa Goodard	303-776-3424
Life Bridge Church Sports Dir	JR Masteller	303-776-2927x256
Longmont Athletic Club	Office	303-772-4700
Longmont Baseball League	Office	720-684-6286
Longmont Dance Theatre Academy	Office	303-772-1335
Longmont Grizzlies Wrestling Club	Miguel Mendez	303-641-2373
Longmont Swim Club	Marnie	303-775-7711
Longmont Table Tennis/Ping Pong	David	720-352-1111
Longmont Tennis Association	Robert Gerken	303-588-8391
Longmont YMCA	Office	303-776-0370
St. Vrain FC - youth soccer	Office	303-651-3109
St. Vrain Youth Football (tackle)	Office	720-438-0240
Twin Peaks Youth Sports Flag Football & Cheerleading	Office	720-635-5726
We Sport U - youth flag football	Cyndi Elia	303-651-9790



Longmont Recreation Center

310 Quail Road • 303-774-4800

Spring Hours of Operation: through May 29

Mon-Fri 5:00am-10:00pm | Sat & Sun 7:00am-6:00pm

Summer Hours of Operation : May 31 - Aug 27

Mon-Fri 5:00am-9:30pm | Sat & Sun 7:00am-6:00pm

Holiday Hours:

Memorial Day (May 30) & July 4th: 10am-4pm

Facility Maintenance Closure: Aug 28-Sept 4

SUMMER HOURS

Lap Pool:

Mon-Fri 5:00am - 9:00pm

Sat/Sun 7:00am - 5:30pm

Leisure Pool:

Mon-Fri* 9:00am-9:00pm

Sat/Sun* 9:00am-5:30pm

*Slides/Pool Features Hours:

Mon 10am-9:00pm

Tue 11am-4pm & 7-9:00pm

Wed 10am-12pm & 2-9:00pm

Thurs 11am-4pm & 7-9:00pm

Fri 10am-9:00pm

Sat/Sun 10am-5:30pm

**No slides/water features on during swim lessons and some fitness classes. Check lesson schedule for class times.*

BABYSITTING INFORMATION

Parent/guardian must be in the facility.

Ages: 6 mo - 7 yrs.

Mon-Fri 8:00am-1:30pm

Mon-Fri 4:00pm-8:00pm

Saturday 8:00am-1:00pm

Sunday 8:30am-1:00pm

Hours subject to change.

Youth Sitting, June 6-July 29

Ages 7-10: 8:30am-12:30pm M-F

Rates:

\$2.50/hr Min 1/2 hour, Max 2 hrs

\$50 for 20 hour passcard.

Included w/Family Annual, Quarterly and Monthly Passes.

CLIMBING WALL

Through May 25

Mon-Fri 4:30-8:30pm

Sat/Sun 10:00am-4:00pm

School Out Hours 12:00-8:30pm

Summer Hours

Mon-Fri Sat/Sun

12-8pm 10am-4pm

Participants must sign a waiver. Those under 18 must have the waiver signed by a parent/guard-ian. Those under 8 years must climb with parent/ guardian present. Closed toe climbing shoes or tennis shoes required. No minimum age. Must safely fit into city harness (instructor discretion). Wall may be closed during class times.

CAFE

Through May 25

Mon-Fri 5:15-8:15pm

Sat/Sun 12:15-5:45pm

Summer Hours

Mon-Fri 11:45am-8:15pm

Sat/Sun 11:30am-5:45pm

Vending machines also available during the day.

A one-stop recreation facility offering:

- Running track (11 1/2 laps = 1 mile)
- Weight room with free weights and selectorized machines
- Cardio equipment and aerobics room
- Multi-court gymnasium
- Climbing wall
- Classroom/Party room & game room
- Lap Pool (6 lanes, 25 yards)
- Leisure Pool with waterslides, lazy river, and interactive play features
- Cafe and babysitting
- Steam and dry sauna, spa

FACILITY RULES

1. A responsible adult (parent or guardian 14 years and older) must be in the facility with children 10 years of age and under. Responsible adult must accompany and stay involved in the water/facility with all children ages 5 and under.
2. A parent must be in the spa, sauna, or steam room with children ages 6 - 13. Children under 6 years of age are not allowed in the steam room or sauna.
3. Youth must be 16 years or older to use the weight room and fitness area. Youth ages 14 and 15 may be permitted to use these areas with a parent present, or upon successful completion of a weight room orientation. Appropriate athletic apparel is required.

4. A responsible adult (parent or guardian 18 and older) must be on the track with youth under 14.

5. The Recreation Center is not responsible for any articles lost or stolen. Lockers are available on a daily use basis. We encourage you to lock up your belongings and leave your valuables at home. Locks are available for purchase.

6. The Longmont Recreation Center is a public, family oriented facility. Profane language and/or abuse of people or equipment will not be tolerated. Offenders will be asked to leave.

7. Please report immediately any suspicious behavior or equipment abuse to the front desk.

8. No cotton clothing in pool.

A full listing of our rules and policies may be found in our Guest Guide available at the front desk.

Birthday Party Packages

Rent an hour of room time for your child's next birthday party! Rental fee includes entry for up to 10 people, adults included. The group rate per person will be applied for up to 20 people. Fee is due at time of booking. Cancellation Fee is \$5.00 if you cancel 7 days or more prior to your event. If you cancel less than 7 days prior, you will receive half your rental fee minus the \$5.00 cancellation fee.

Room rental includes tables and chairs along with pool, gym and climbing wall use before and/or after the room rental. If you would prefer to have a dedicated hour of climbing wall time for your group, there is an additional charge of \$25.00 an hour for every 10 children. Climbing wall birthday party reservations are not available during climbing class and/or open climbing wall times. Climbing Wall Party Packet Information must be completed and turned in on party day. All parents must sign the climbing wall waiver.

Fee: \$70

Call 303-774-4800 for available times or more information.

Large Group Rentals

In order to insure that your group will be able to use the facility - we request any group larger than 25 people to please call and reserve the time that you will be attending. Our pool, gym and rooms have maximum capacity numbers which cannot be exceeded. Therefore, if you were to bring a large group to go swimming we cannot guarantee your entrance if we are full without prior arrangements. Thank You.

Skate Park (Behind the Recreation Center)

Hours: Daily - Sunrise to Sunset (Weather Permitting)

Rules: Please be respectful of the park, other users, and the neighbors. Skate at your own risk.

**Registration
Taken at this site!**
Walk-in/Phone-In
303-774-4800



St. Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404

Located in Longmont's historic old town district, the St. Vrain Memorial Building offers:

- Locker rooms
- Fitness room
- Weight room with Lifecycles, Ellipticals, Treadmills with cable tv display, free weights, and circuit weights
- Towel rental, locks and lockers are available
- **Building Rentals Available**

Building/Weight Room Hours

Monday-Friday 6:00 am - 8:00 pm
Saturday 7:30 am - 5:00 pm

Holiday Hours:

May 30 & July 4: Closed
Facility Maintenance Closure: Aug 8-13

Towel Service available: Free for extended pass holders, \$1 all others.

Open Gym Basketball*

For individuals 18 years and older
Tue & Thurs 11:30am-2:30pm

*Other drop-in times available; please call for more information. Locks available to check out with I.D. No babysitting service available.

Memorial Building Gym Rental Fees

For Rental Availability
Call 303-651-8404

Athletic Gym Rental: \$70/hr
Private Party Gym Rental: \$85/hr
Rental Deposit: \$500



Izaak Walton Clubhouse

18 South Sunset Street

\$25 per hour Weekdays until 5pm
\$50 per hour weekdays after 5pm,
all day Sat & Sun

\$200 building deposit required at time of reservation. Additional fees may apply. Great Rental facility for parties, wedding receptions, business meetings and community gatherings.

- Maximum Capacity 95 people
- Refrigerator & Microwave (catering style kitchen)
- No Smoking - No Alcohol, No Live Bands, amplified sound, all City noise ordinances must be adhered to. Music must be off by 10pm.

For more rentals, see inside page 56.

Weight Room Facelift!

Check out the new selectorized weight machines at the St Vrain Memorial Building! The new components support a wider range of exercises, allowing you to zero-in on specific muscle groups with greater precision and safety. FREE weight room orientations are available by appointment: 303-774-4752.

Ask the Trainer

Join us on the second Wednesday of each month to talk to a personal trainer about your fitness questions, concerns, or workouts. This is a great time to get a new exercise to strengthen your target muscle group, to clarify proper form on a specific piece of equipment, or find out if a personal training session might be a good fit for you.

Apr 13, May 11, Jun 8, Jul 13, no Aug: 10am-11am
Free consult with Regular admittance fees



St Vrain Memorial Building Party Packages

Book your party today! Call the St Vrain Memorial Building at 303-651-8404 to check availability and reserve your party. Full payment is required upon booking, \$50 non-refundable upon cancellation.

Dance Imagination Birthday Parties is one option available for parents. This hostess-led birthday party experience is customizable with themes that invite movement, magic, play-acting and dance.

\$121 to \$161 for 1.5 hours for 12 children, price depends upon package selected. \$8 each additional child. Food, beverages, tableware and decorations provided by parents. Party Host(ess) to lead and facilitate partygoer fun!

Party Format: 1/2 hour set up time for parents. 1 hour of entertainment and fun. 1/2 hour for cake and presents

Itty Bitty City

Snow or Shine, our toys are divine! Kids ages 6 mo to 5 years have lots of room to run and play! Parents must supervise their children. Please, no older children.

6mo to 5 yrs: Jan 8-May 6, Fridays, 9-11am
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$2 per child; 10 visit pass \$17

Fun Fridays for Kids

Join us Fridays at Sandstone Ranch for weekly themed crafts and activities for ages 2 to 12 with accompanying adults. Make it your social time with other families: think about carpooling and either help the kids make crafts or sit back and watch kids play. Parents must supervise their children. Suggested donation - to help with craft supplies - collected the day of the event. *No July 1

2 to 12 years: June 3-July 29*, Fridays, 9-11am
Location: Sandstone Ranch Visitors & Learning Center, 3001 Sandstone Dr
Fee: Free, \$2 per child suggested donation



Outdoor Bootcamp @ Roosevelt

Take Boot Camp outdoors in the summer! Enjoy the fresh morning air and camaraderie of a motivated group to start your day off right in Roosevelt Park! June/July/Aug, Tuesday/Thursday, 5:45am. Extended or visit pass required.

On-going fitness classes - current schedule at facility and online



SUNSET POOL

1900 Longs Peak Ave • 303-651-8300

- Heated outdoor pool
- Six 25 meter lap lanes
- Plank, 1 meter & 3 meter diving boards
- 2 super long and fast waterslides
- Indoor air-conditioned party room
- Reserve-able outdoor shade shelters
- Sandy beach play area
- Family locker rooms
- Concession stand
- Best view in Longmont!

Pre-Summer Hours

May 27 - June 5

Open & Lap Swim 10am-5pm

May 31 - June 3, Tues-Fri

Lap Swim 9am-10am

Summer Hours

June 6 - August 14

Lap Swim:*

Mon- Fri	10am-1pm
Tues/Thurs	6pm-7:30pm
Saturday	8am-10am
Sunday	10am-12pm

Open Swim:

Mon/Wed/Fri†	11am-7pm
Tues/Thurs†	11am-5:45pm
Saturday	10am-6pm
Sunday	12pm-6pm

† Slides turn on at 1pm

Special Hours

July 4, Mon - 4th of July:

9-10am Lap Swim

10am-5pm Open Swim

9-10:30am - AquaZumba®

Aug 7, Sun - pool opens at 1pm

Sunset Pool Specifics

- Parents or responsible individuals (14 & older) MUST be in the water and involved with children under the age of 6.
- Lap Swim:
 - Slides and Diving Boards are NOT available for use.
 - Lap lanes share pool with other programs, minimum 2 lanes available, please circle swim.
- Admittance Fees:
 - Everyone who enters must pay admittance fee, whether swimming or not.
 - NO refunds for admittance fees due to weather-related closures.
- Sunset Pool strives to remain open during all scheduled hours, but for safety reasons cannot be open during heavy rains, lightning, and thunder.
- Bath-house will close approximately 15 minutes after the last swimming session. Please plan accordingly.
- Facility Hours & Information guide available at Sunset Pool for all facility specifics.

Sunset Pool Rental Opportunities!

Reservations: Call Sunset Pool, 303-651-8300 or, during April and May, call Centennial Pool, 303-651-8406

Indoor Party Room

Have your party stationed in the Indoor Party Room at Sunset Pool. This room is surrounded by windows, so you can beat the heat and sun while still watching all of the action! Amenities: 2x 8 ft tables, 4 round tables with 36 chairs, refrigerator, sink, and counter space. Rental fee is non-refundable.

Fee during Open Swim hours with pool access: \$40 for two hours or \$25 per hour; plus group rate admittance fee for all guests whether they choose to swim or not. Fee with no pool access: \$40 for two hours or \$25 per hour and no additional group rate fee.

Sunset Pool Private Rental

Available before or after regular scheduled pool hours.

Includes:

Entire pool, locker-room facilities, exterior shelters, picnic tables, lounge chairs, sand/grass open spaces and all necessary staff.

Indoor Party Room is available with an additional \$30 fee.

Rental fee paid dictates pool facility enter and exit times. Renters have until 7 days prior the rental to extend their reservation with payment or else rental can NOT be extended. ½ of rental fee may be refunded if reservation is cancelled by renter.

Fees: \$130 first hour/ \$120 each additional hour
\$30 per 15 minutes/ \$30 Indoor Party Room

Shelter Reservation

Rent the brown shelter structure, located closest to the shallow water play area near the golf course. Includes 4 rectangular picnic tables underneath. Reservations are only available during Open Swim Hours. Rental fee is non-refundable.

Fee: \$35 for up to 2 hours, plus group rate admittance fee for all guests whether they choose to swim or not.

Indoor Party Room Packages

Packages are only available during Open Swim Hours, fee is due at time of booking, fee is non-refundable.

Package A: Party Room 1 hour + Swim Admission

Fee: \$70 for 1hr plus admittance up to 10 guests; group rate will apply for additional guests

Package B: Party Room 1 hour, Swim Admission, & Birthday Cake with decorations We'll take care of all the work, you just invite the kids! Fee includes cake from La Momo Maes Bakery, punch, decorations, exclusive use of the Indoor Party Room for 1 hour, and swim admission.

Fee: \$85 for up to 12 / \$110 for 13-16 / \$125 for 17-20

Tent Shelter Reservations

Choose between two tents; one located between the slides and sand area; other located between diving boards and lap lanes in front of the grass. Blue shade tents approximately 12 x 12 feet. Both tents are on concrete pads and have 2-3 round picnic tables. Reservations are only available during Open Swim Hours. Rental fee is non-refundable.

Fee: \$25 for up to 2 hours, plus group rate admittance fee for all guests whether they choose to swim or not.



ROOSEVELT ACTIVITY POOL

903 8th Ave • 303-774-4455

Roosevelt Activity Pool is a heated outdoor pool with a maximum depth of 2'8". It features zero-depth geysers, tumble buckets, water cannon and a spray garden primarily geared for ages 8 & under.

Summer Pool Hours: June 3-August 14

Monday- Sunday 10am-4pm

See fees and passes page 1.

Private Activity Pool

After Hour Rental Opportunities:

Available before or after regular scheduled pool hours.

Includes: Entire pool, grass play areas, shade tent(s), restroom facilities and all necessary staff.

- Rental fee paid dictates pool facility enter and exit times.
- ½ of rental fee may be refunded if reservation is cancelled by renter.

Rental Fees: \$90 first hour/ \$80 each additional hour
/ \$20 per 15 minutes

Middle School Nights At Sunset Pool

Calling all middle-schoolers and soon to be freshmen! Join us at Sunset Pool every Thursday night starting June 9. There will be games, contests, music and no little kids! Make Sunset Pool your new Thursday night home!

11 to 14 years: Jun 9-Aug 4, Thursdays, 7:30-9pm

Fee: \$3 residents/ \$4 non-residents
(pool passes are not valid)



KANEMOTO ACTIVITY POOL

1151 S. Pratt Pkwy • 303-651-6934

Kanemoto Activity Pool is BACK! Revitalized, reconstructed, and ready for summer 2016! Check out the new, heated outdoor activity pool geared for youth 10 & under. Kanemoto has a zero depth entry, fun water slide and a 4 foot deep end - great for jumping and swimming.

Summer Pool Hours: May 28-August 14

Monday-Sunday 10am-5pm

Grand Re-Opening:
May 27, Fri, 12-5pm

Activity Pool Shade Shelter Reservations

- Shade Shelters are stand-alone colorful canopies that are available at both Activity Pools.
- Shade tents approximately 12 x 12 feet, located in the grass.
- Reservations are only available during Open Swim Hours.
- Rental fee is non-refundable.

Fee: \$25 for up to 3 hours; plus admittance fee for all guests whether they choose to swim or not.

To book an After Hour Rental or Shade Shelter Rental, call Centennial Pool at 303-651-8406

Youth Safety and Swim Days at Roosevelt Activity Pool

Youth will have the opportunity to visit with police officers, firefighters, and explore their vehicles! Afterwards, there will be water safety activities and free swim time.

5 to 8 yrs: Jun 9, Thurs, 9-12pm 321142.1A
Jul 14, Thurs, 9-12pm 321142.2A
Aug 11, Thurs, 9-12pm 321142.3A

Location: Roosevelt Activity Pool, 903 8th Ave

Fee: \$5 resident/ \$6.25 non-resident

Adult Fitness Swimming

Beginning Masters Swimming

Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, you will receive stroke work plus a great workout. This on-going program is recommended for adults 18 and older who are comfortable swimming 200 yards non-stop.

Masters Swimming

Improve your skills and stamina while using intervals, drills and distance swimming. This on-going program is recommended for adults 18 and older who are comfortable swimming at least 1000 yards.

Fee: Daily Admission

MASTERS SWIM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7:15am C†		6-7:15am C†		6-7:15am C†	6:45-8am C†
	12-1pm LRC*		12-1pm LRC*		
	7:30-8:30pm LRC Beg		7:30-8:30pm LRC Beg		

C= Centennial Pool; LRC= Longmont Recreation Center; S= Sunset Pool

*Moves to Sunset Pool on 5/31 †Moves to Sunset Pool on 6/6

No practice May 30, Mon; June 5, Sat; or July 4, Mon



Centennial Pool

1201 Alpine Street • 303-651-8406

Enjoy year-round fitness and fun at Centennial Pool. Come workout or play in our pool with six 25-yard lap lanes, wading area and deep end with two 1-meter diving boards. Land fitness is available in our fitness room with treadmills, Lifecycles, elliptical, and a cable resistance weight machine. We also offer a variety of Land and Water Fitness Classes. Stop by any City of Longmont recreation facility to pick up a seasonal schedule today!

POOL SUMMER HOURS

May 31-August 19

Fitness Room

Mon-Thurs	5:15am-8pm
Friday	5:15am-6pm
Saturday	9am-4pm
Sunday	1-5pm

Lap Swim*

Mon-Fri	5:15am-3pm
Saturday	9am-4pm
Sunday	1pm-5pm
Mon/Wed	6pm-8pm

Open Swim

Mon-Fri	12pm-3pm
Saturday	12pm-4pm
Sun (only \$3)	1pm-3pm

Family Swim

Saturday	12pm-4pm
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*Lap swims share pool space with other activities so all lanes may not be available. Circle swimming is encouraged.

**The facility closes 15 minutes after the last swimming session. Please plan your shower time accordingly.

For Spring Hours, please call or pick up a facility flyer at any City of Longmont Recreation Facility.

Holiday Hours & Facility Closures

Apr 17, Sun - opens at 1pm

CLOSED:

May 28-30, Sat-Mon
- Memorial Weekend
June 4 & 5, Sat & Sun
- Longmont Triathlon Weeknd
July 4, Mon- 4th of July
Annual Maintenance: Aug 20-28.

Quick Fit at Centennial Pool

Centennial's fitness room overlooks the pool and is perfect for a quick workout while you watch your child's swim lesson. The Quick Fit is only available at Centennial Pool for parents /guardians of participants in City of Longmont programs. \$3 for residents/ \$3.50 for non residents.

Rental Options at Centennial Pool

Birthday Party Packages

Have a care-free party at Centennial Pool complete with birthday cake, punch, all the trimmings and swimming fun! If desired, our staff will be on hand to play games and entertain your party. Birthday Party Packages are only available during regularly scheduled Open Swim Hours for two hours. Fee includes cake, punch, decorations, exclusive use of the Multipurpose Room and swim admission for two hours.

New! Birthday cake made to order from La MomoMaes Bakery.

Fee: \$80 for up to 12 / \$100 for 13-16 / \$120 for 17-20

Days Available: Mondays- Sundays between 1pm-3pm.

Please note that one adult per 5 children must be in the water with children under 6 years.

Multipurpose Room Rental

Available during regular facility hours, includes use of 2 tables and 16 chairs. Rental fee is non-refundable.

Fee: \$25 for up to 3 hours plus prescheduled group rate for all who swim or work out.

Private After-Hour Rentals at Centennial Pool

Available: Fridays after 6pm, Saturdays after 4pm, Sundays before 1pm and after 5pm. Rental time is started when the facility is open to the group and ends when the facility is empty and locked at the completion of the rental. Rental prices are based on the number of people entering the facilities whether they choose to swim or not. The entire rental fee is due when making the reservation, 1/2 is refundable if you choose to cancel. Renters have until 7 days prior the rental to extend their reservation with payment or else rental can NOT be extended.

Fee: \$70/ hour for up to 25 people
\$80/ hour for up to 50 people
\$100/ hour for up to 75 people
\$120/ hour for more than 76 people

Spring Swim Lessons

Check out the Winter/Spring Brochure for dates & times for the last sessions of 1x a week swim lessons!

May Swim Lessons

Mon & Wed Evening Centennial Pool

	Time	Ssn 5
	Date	5/2-5/18
	Fee	\$24 / \$30
Turtle	4:50 PM	220121.5A
	5:25 PM	220121.5B
Alligator	4:15 PM	220122.5A
	4:50 PM	220122.5B
	5:25 PM	220122.5C
Seal	4:15 PM	220123.5A
	6:00 PM	220123.5B
Level 1	4:00 PM	220131.5A
Level 2	4:35 PM	220132.5A
	Fee	\$30 / \$37.50
Beg Blast	6:00 PM	220140.5A
Blast 1	4:20 PM	220141.5A
Blast 2	5:10 PM	220142.5A
Blast 3	6:00 PM	220143.5A
Teen 1	5:10 PM	220151.5A
Teen 2	6:00 PM	220152.5A



See TRX and Fluid Running Fitness Classes on page 26



Aquatic Job Training!

Become certified to teach or lifeguard

Water Safety Instructor Training

Pre-Requisite: 16 yrs old on or before the last class day AND ability to swim 6 strokes – front and back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. Learn the techniques and skills necessary to become American Red Cross certified to teach swim lessons. Bring swim suit(s), towel(s), and food for the day.

16 & up: May 31–Jun 3, Tue–Fri, 10am–7pm 221241.2
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$35 fee paid to American Red Cross
 + \$130 resident/\$162 non-resident/
 \$55 pending City of Longmont employee

Longmont Swim Instructor (LSI) Training

Become certified to teach City of Longmont swim lessons to youth ages 3 to 12. Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day and must submit job application by last day of class. Please come with a swimsuit and snack/lunch to get you through the day.

15 & up: Apr 26–May 5, Tue & Thurs, 4–7pm 221243.3
 Jun 6–9, Mon–Thurs, 8:30–11:30am 321243.1
 Aug 8–11, Mon–Thurs, 8:30–11:30am 321243.2
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$50 resident/ \$62.50 non-resident

Lifeguard Training + Waterpark Certification

Learn the basics of American Red Cross lifeguard skills and practices. First Aid and CPR/AED for the professional rescuer are included. Pretest: 300 yard continuous swim; half Front Crawl and half Breaststroke.

15 & up: Pretest: Jun 14, Tue, 3–5pm
 Jun 15–17, Wed–Fri, 1–7pm; Jun 18, Sat, 9–5pm 311211.1A
 Location: Sunset Pool, 1900 Longs Peak Ave

15 & up: Pretest: Aug 1, Mon, 3–5pm
 Aug 2–4, Tue–Thurs, 11–5pm & Aug 7, Sun, 10–6pm 311211.2A
 Location: Longmont Recreation Center 310 Quail Rd
 Fee: \$160 resident / \$200 non-resident /
 \$90 pending City of Longmont employee

Junior Lifeguard Camp

Not old enough for the Lifeguard class? This is the next best thing! Learn water rescues and surveillance skills all while improving stroke technique! Admission fees for each facility are included.

11 to 14 yrs: Jun 21–24, Tue–Fri, 10am–1pm 331215.1A
 Jul 19–22, Tue–Fri, 10am–1pm 331215.1B
 Locations: Tue–Longmont Recreation Center,
 Wed–Centennial Pool, Thurs–Sunset Pool,
 Fri–Union Reservoir
 Fee: \$50 resident/ \$62.50 non-resident

Swim Instructor Aide

Enjoy working with youth and want to be a swim instructor, but not 15 yet? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swimming lessons! Pre-Requisite: Level 4 or Blast 2 swimming ability.

11 to 14 yrs: Jun 1–2, Wed & Thurs, 8:30–11:30am 331242.1
 Jun 29–30, Wed & Thurs, 8:30–11:30am 331242.2
 Jul 27–28, Wed & Thurs, 8:30–11:30am 331242.3
 Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident

Babysitter's Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. Bring a pen or pencil and lunch and/or snacks.

11 to 16 yrs: Jun 7, Tue, 9–4:30pm 321231.1
 Jun 21, Tue, 9–4:30pm 321231.2
 Jul 12, Tue, 9–4:30pm 321231.3
 Jul 25, Mon, 9–4:30pm 321231.4
 Aug 15, Mon, 9–4:30pm 321231.5
 Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$55 resident/\$68.75 non-resident

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Includes two text books for later reference. Great for both experienced and novice sitters. Bring a pen or pencil and lunch and/or snacks.

12 & up: Jun 13–14, Mon & Tue, 9–2pm 321232.1
 Jul 20–21, Wed & Thurs, 9–2pm 321232.2
 Aug 8–9, Mon & Tue, 9–2pm 321232.3
 Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$90 resident/\$112.50 non-resident

CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: May 11, Wed, 5–9pm 311211.1A
 Jul 26, Tue, 9–1pm 311211.1B
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$65 resident/ \$81.25 non-resident

CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Jun 6 & 13, Mon, 5:30–8:30pm 311223.1A
 Location: Sunset Pool, 1900 Longs Peak Ave
 12 & up: Aug 21, Sun, 11–5pm 311223.1B
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$85 resident/ \$106.25 non-resident

First Aid

The American Red Cross First Aid Basics.

12 & up: May 14, Sat, 9–11am 311222.1A
 Location: Longmont Recreation Center, 310 Quail Rd
 12 & up: Jul 7, Thurs, 5:30–7:30pm 311222.1B
 Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$50 resident / \$62.50 non-resident



We will bring CPR, AED, and/or First Aid Classes to your group of 6 or more! Please contact Heather at heather.deal@longmontcolorado.gov to set up a date(s).

Learn to Swim Programs with the City of Longmont

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 16 for Adult swim lessons). Below in the colored boxes are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.



New! Time Friendly Swim Lessons

Get all your kids in and out of swim lessons in less than an hour! Our new time friendly swim lessons are designed to offer more class options at the same time with the goal to minimize wait times between classes. Sign up for a time frame that best works with your schedule. Register for a Preschool (Turtle, Alligator, Seal) or an American Red Cross (Level 2,3,4) time slot. At the beginning of the session students are divided into appropriate classes during the first 5 minutes. Preschool and Levels 2-4 time friendly class offerings are 35 minutes; Blast and Teen time friendly are 45 min.

Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-2, but further divides the skills to provide a learning environment better suited for preschoolers.

3-5 years old • Lessons are 30 min

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

Parent/Child:

Aquababy & Aquatot

6 months to 3 years old - classes are 30 min - Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

Aquababy

6-18 months. Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

Aquatot

18 months - 3 ½ yrs. Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aquababy and work on independence in the water.

Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to add your name/number, pool, time & day preference to the private swim lesson waitlist.

Private Fee:

30 min: \$25 resident/ \$31.25 non-resident
45 min: \$35 resident/ \$43.75 non-resident

Semi-Priv. Fee:

30 min: \$35 resident /\$43.75 non-resident (max. 3 students)

American Red Cross

Learn-to-Swim;

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

6 years & up • Level 1 & 2 are 30 min • Levels 3-4 are 40 min

Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breast-stroke and back crawl.

Water Explorers

2 ½ - 3 years old • Classes are 30 min

Water Explorers is designed as a transition class for children who want more independence than the Aquatot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions.

Got Goggles?

Goggles are not recommended for Water Explorer, Turtle, Alligator and Level 1 classes. In order to learn proper breath control, goggles that cover the nose are not recommended.

BLAST!

Accelerated Swim Lessons

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min

Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 yards. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 yards; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

Blast 3: Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 50 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.

Outdoor Lessons at Sunset Pool

🕒 Monday - Friday Mornings **No class on 4th of July*

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	6/6-6/17	6/20-7/1	7/5-7/15	7/18-7/29	8/1-8/12
	Fee	\$40/\$50	\$40/\$50	\$36/\$45	\$40/\$50	\$40/\$50
Aquababy	9:55 AM	330811.1A	330811.2A	330811.3A	330811.4A	330811.5A
Aquatot	10:30 AM	330812.1A	330812.2A	330812.3A	330812.4A	330812.5A
Water Explorer	8:55 AM	330814.1A	330814.2A	330814.3A	330814.4A	330814.5A
	9:20 AM	330814.1B	330814.2B	330814.3B	330814.4B	330814.5B
Preschool	8:25 AM	330827.1A	330827.2A	330827.3A	330827.4A	330827.5A
	9:05 AM	330827.1B	330827.2B	330827.3B	330827.4B	330827.5B
	9:45 AM	330827.1C	330827.2C	330827.3C	330827.4C	330827.5C
	10:25 AM	330827.1D	330827.2D	330827.3D	330827.4D	330827.5D
Level 1	8:45 AM	330831.1A	330831.2A	330831.3A	330831.4A	330831.5A
	8:20 AM	330831.1B	330831.2B	330831.3B	330831.4B	330831.5B
Levels 2-4	8:25 AM	330837.1A	330837.2A	330837.3A	330837.4A	330837.5A
	9:05 AM	330837.1B	330837.2B	330837.3B	330837.4B	330837.5B
	9:45 AM	330837.1C	330837.2C	330837.3C	330837.4C	330837.5C
	10:25 AM	330837.1D	330837.2D	330837.3D	330837.4D	330837.5D
	Fee	\$50/\$62.50	\$50/\$62.50	\$45/\$56.25	\$50/\$62.50	\$50/\$62.50
Beginning Blast	8:45 AM	330840.1A	330840.2A	330840.3A	330840.4A	330840.5A
Blast 1-3	9:30 AM	330847.1A	330847.2A	330847.3A	330847.4A	330847.5A
	10:20 AM	330847.1B	330847.2B	330847.3B	330847.4B	330847.5B
Teen 1-2	7:55 AM	330857.1A	330857.2A	330857.3A	330857.4A	330857.5A

Tues & Thurs Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/7-6/23	6/28-7/21	7/26-8/11
	Fee	\$24/\$30	\$32/\$40	\$24/\$30
Aquatot	6:25 PM	330212.1A	330212.2A	330212.3A
Turtle	5:50 PM	330221.1A	330221.2A	330221.3A
	6:35 PM	330221.1B	330221.2B	330221.3B
Alligator	5:50 PM	330222.1A	330222.2A	330222.3A
	6:25 PM	330222.1B	330222.2B	330222.3B
	7:10 PM	330222.1C	330222.2C	330222.3C
Seal	7:00 PM	330223.1A	330223.2A	330223.3A
Level 1	7:00 PM	330231.1A	330231.2A	330231.3A
Level 2	6:25 PM	330232.1A	330232.2A	330232.3A
Level 3	6:15 PM	330233.1A	330233.2A	330233.3A
Level 4	5:30 PM	330234.1A	330234.2A	330234.3A
	Fee	\$30/\$37.50	\$40/\$50	\$30/\$37.50
Beginning Blast	5:50 PM	330240.1A	330240.2A	330240.3A
Blast 1	6:35 PM	330241.1A	330241.2A	330241.3A
Blast 2	6:40 PM	330242.1A	330242.2A	330242.3A
Blast 3	5:50 PM	330243.1A	330243.2A	330243.3A
Teen 1-2	7:00 PM	330257.1A	330257.2A	330257.3A

Outdoor Lessons

Weather Policy: Lessons will proceed at outdoor pools unless heavy rain or lightning conditions exist. If lessons in cold or rainy weather are not appealing, consider Centennial Pool or the Longmont Recreation Center. There are NO REFUNDS for cancellations due to inclement weather.

Pool Admittance Policy:

All swim lesson participants, including parents and siblings, are required to exit the facility at the conclusion of lessons. Lessons do not include facility open swim admittance; please plan to pay normal admittance fees to attend open swim.

Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

Stroke Clinics with Coach Geoff Hawsworth

Stroke Clinics are geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential.

8-18 yrs: Jun 7-30, Tue & Thurs, 4-5pm 326440.1
 Jul 5-28, Tue & Thurs, 4-5pm 326440.2
 Aug 2-25, Tue & Thurs, 4-5pm 326440.3
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$90 resident/ \$112.50 non-resident
 Drop-In: \$15 (contact coach 1st:
 swimcoachgeoff@gmail.com)

Indoor Lessons at Longmont Recreation Center

LRC May Swim Lessons

Tues & Thurs Morning

	Time	Ssn 5
	Date	5/3-5/26
	Fee	\$32 / \$40
Water Explorers	10:40 AM	210214.5A
Turtle	8:55 AM	210221.5A
	10:05 AM	210221.5B
Alligator	9:30 AM	210222.5A
	10:05 AM	210222.5B
Seal	9:30 AM	210223.5A
	Fee	\$16 / \$20
Aquababy Tu AM	8:55 AM	210211.5A
Aquatot Th AM	8:55 AM	210212.5A
	Fee	\$40/ \$50
Beg Blast	10:40 AM	210240.5A

Tuesday Afternoon

	Time	Ssn 1	Ssn 2
	Date	5/31-7/5	7/12-8/16
	Fee	\$24/\$30	\$24/\$30
Preschool	4:00 PM	310327.1A	310327.2A
	4:40 PM	310327.1B	310327.2B
	5:20 PM	310327.1C	310327.2C
Level 1	6:00 PM	310331.1A	310331.2A
Levels 2-4	4:00 PM	310337.1A	310337.2A
	4:40 PM	310337.1B	310337.2B
	Fee	\$30/\$37.50	\$30/\$37.50
Beginning Blast	6:00 PM	310340.1A	310340.2A
Blast 1-3	5:20 PM	310347.1A	310347.2A

Thursday Afternoon

	Time	Ssn 1	Ssn 2
	Date	6/2-7/7	7/14-8/18
	Fee	\$24/\$30	\$24/\$30
Water Explorers	4:00 PM	310514.1A	310514.2A
Turtle	4:00 PM	310521.1A	310521.2A
	4:35 PM	310521.1B	310521.2B
	5:10 PM	310521.1C	310521.2C
Alligator	4:00 PM	310522.1A	310522.2A
	4:35 PM	310522.1B	310522.2B
	5:10 PM	310522.1C	310522.2C
Seal	4:35 PM	310523.1A	310523.2A
	5:10 PM	310523.1B	310523.2B
Level 1	5:40 PM	310531.1A	310531.2A
Level 2	4:45 PM	310532.1A	310532.2A
Level 3	4:00 PM	310533.1A	310533.2A
Level 4	4:45 PM	310534.1A	310534.2A
	Fee	\$30/\$37.50	\$30/\$37.50
Beginning Blast	4:00 PM	310540.1A	310540.2A
	5:20 PM	310540.1B	310540.2B
Blast 1	4:00 PM	310541.1A	310541.2A
Blast 2	4:50 PM	310542.1A	310542.2A
Blast 3	5:30 PM	310543.1A	310543.2A

Tues & Thurs Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/31-6/23	6/28-7/21	7/26-8/18
	Fee	\$32/\$40	\$32/\$40	\$32/\$40
Aquababy	8:30 AM	310211.1A	310211.2A	310211.3A
Aquatot	9:05 AM	310212.1A	310212.2A	310212.3A
Water Explorers	9:40 AM	310214.1A	310214.2A	310214.3A
	10:15 AM	310214.1B	310214.2B	310214.3B
Turtle	8:30 AM	310221.1A	310221.2A	310221.3A
	9:05 AM	310221.1B	310221.2B	310221.3B
	9:40 AM	310221.1C	310221.2C	310221.3C
Alligator	8:30 AM	310222.1A	310222.2A	310222.3A
	9:05 AM	310222.1B	310222.2B	310222.3B
	9:40 AM	310222.1C	310222.2C	310222.3C
Seal	9:05 AM	310223.1A	310223.2A	310223.3A
	9:40 AM	310223.1B	310223.2B	310223.3B
Level 1	8:30 AM	310231.1A	310231.2A	310231.3A
	9:05 AM	310231.1B	310231.2B	310231.3B
Level 2	9:40 AM	310232.1A	310232.2A	310232.3A
Level 3	10:15 AM	310233.1A	310233.2A	310233.3A
	Fee	\$40/\$50	\$40/\$50	\$40/\$50
Beginning Blast	8:20 AM	310240.1A	310240.2A	310240.3A
Blast 1	10:15 AM	310241.1A	310241.2A	310241.3A
Blast 2	10:15 AM	310242.1A	310242.2A	310242.3A
Blast 3	10:15 AM	310243.1A	310243.2A	310243.3A



Get all your kids in and out of swim lessons in less than an hour! At the beginning of the session students are divided into appropriate classes during the first 5 minutes.

*Sunday Morning

	Time	Ssn 1	Ssn 2
	Date	6/5-7/10	7/17-8/14
	Fee	\$24/\$30	\$20/\$25
Aquababy	9:20 AM	310711.1A	310711.2A
Aquatot	9:55 AM	310712.1A	310712.2A
Water Explorer	9:20 AM	310714.1A	310714.2A
	9:55 AM	310714.1B	310714.2B
Preschool	8:30 AM	310727.1A	310727.2A
	9:10 AM	310727.1B	310727.2B
	9:50 AM	310727.1C	310727.2C
	10:30 AM	310727.1D	310727.2D
Levels 1	10:30 AM	310731.1A	310731.2A
Levels 2-4	8:30 AM	310737.1A	310737.2A
	9:10 AM	310737.1B	310737.2B
	9:50 AM	310737.1C	310737.2C
	Fee	\$30/\$37.50	\$25/\$31.25
Beginning Blast	10:30 AM	310740.1A	310740.2A
Blast 1-3	10:30 AM	310747.1A	310747.2A
Teen 1-2	8:30 AM	310757.1A	310757.2A

*NEW-Open Swim will start at 10am on Sundays.
Lap swim available, minimum 2 lanes.

Please Note:

The Longmont Recreation Center has open swim during swim lessons. If you and/or your family would like to swim before or after your swim lessons please check in at the front desk before going to the pool. Children 5 and under MUST have an adult in the water with them. Thank you for your cooperation.

Indoor Lessons at Centennial Pool

Monday - Friday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5	Ssn 6	Ssn 7	Ssn 8	Ssn 9	Ssn 10	Ssn 11
	Date	5/31-6/3*	6/6-6/10	6/13-6/17	6/20-6/24	6/27-7/1	7/5-7/8*	7/11-7/15	7/18-7/22	7/25-7/29	8/1-8/5	8/8-8/12
	Fee	\$16/\$20	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25	\$16/\$20	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25
Aquatot	8:45 AM	320812.1	320812.2	320812.3	320812.4	320812.5	320812.6	320812.7	320812.8	320812.9	320812.10	320812.11
Water Explorer	9:55 AM	320814.1	320814.2	320814.3	320814.4	320814.5	320814.6	320814.7	320814.8	320814.9	320814.10	320814.11
Preschool	8:35 AM	320827.1	320827.3	320827.5	320827.7	320827.9	320827.11	320827.13	320827.15	320827.17	320827.19	320827.21
	9:55 AM	320827.2	320827.4	320827.6	320827.8	320827.10	320827.12	320827.14	320827.16	320827.18	320827.20	320827.22
Level 1	9:20 AM	320831.1	320831.2	320831.3	320831.4	320831.5	320831.6	320831.7	320831.8	320831.9	320831.10	320831.11
Levels 2-4	9:15 AM	320837.1	320837.2	320837.3	320837.4	320837.5	320837.6	320837.7	320837.8	320837.9	320837.10	320837.11
	Fee	\$20/\$25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$20/\$25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25
Beginning Blast	10:30 AM	320840.1	320840.2	320840.3	320840.4	320840.5	320840.6	320840.7	320840.8	320840.9	320840.10	320840.11
Blast 1-3	10:35 AM	320847.1	320847.2	320847.3	320847.4	320847.5	320847.6	320847.7	320847.8	320847.9	320847.10	320847.11

*no class on Monday

	Time	Ssn 12
	Date	8/15-8/19
	Fee	\$20/\$25
Water Explorer	10:15 AM	320814.12
Turtle	8:30 AM	320821.1A
Alligator	9:05 AM	320822.1A
Seal	9:40 AM	320823.1A



Monday & Wednesday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/1-6/22	6/27-7/20*	7/25-8/17
	Fee	\$28/\$35	\$28/\$35	\$32/\$40
Aquatot	11:10 AM	320412.1A	320412.2A	320412.3A
Water Explorers	11:10 AM	320414.1A	320414.2A	320414.3A
Preschool	9:10 AM	320427.1A	320427.2A	320427.3A
	10:30 AM	320427.1B	320427.2B	320427.3B
Level 1	11:10 AM	320431.1A	320431.2A	320431.3A
Levels 2-4	9:50 AM	320437.1A	320437.2A	320437.3A

*No class July 4

Monday & Wednesday Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/1-6/22	6/27-7/20*	7/25-8/17
	Fee	\$28/\$35	\$28/\$35	\$32/\$40
Water Explorer	7:20 PM	320114.1A	320114.2A	320114.3A
Preschool	5:20 PM	320127.1A	320127.2A	320127.3A
	6:00 PM	320127.1B	320127.2B	320127.3B
	6:40 PM	320127.1C	320127.2C	320127.3C
Level 1	7:20 PM	320131.1A	320131.2A	320131.3A
Levels 2-4	6:00 PM	320147.1A	320147.2A	320147.3A
	7:30 PM	320147.1B	320147.2B	320147.3B
	Fee	\$35/\$43.75	\$35/\$43.75	\$40/\$50
Beginning Blast	7:20 PM	320140.1A	320140.2A	320140.3A
Blast 1-3	6:40 PM	320157.1A	320157.2A	320157.3A

*No class July 4

Tuesday & Thursday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/31-6/23	6/28-7/21	7/26-8/18
	Fee	\$32/\$40	\$32/\$40	\$32/\$40
Preschool	9:10 AM	320227.1A	320227.2A	320227.3A
	10:40 AM	320227.1B	320227.2B	320227.3B
	Fee	\$40/\$50	\$40/\$50	\$40/\$50
Beginning Blast	11:20 AM	320240.1A	320240.2A	320240.3A
Blast 1-3	9:50 AM	320247.1A	320247.2A	320247.3A
Teen 1-2	11:20 AM	320257.1A	320257.2A	320257.3A

Saturday Morning

	Time	Ssn 1	Ssn 2
	Date	6/11-7/16	7/23-8/20
	Fee	\$24/\$30	\$20/\$25
Water Explorers	10:40 AM	320614.1A	320614.2A
Preschool	9:20 AM	320627.1A	320627.2A
	10:00 AM	320627.1B	320627.2B
Level 1	10:40 AM	320631.1A	320631.2A
Levels 2-4	9:20 AM	320637.1A	320637.2A
	Fee	\$30/\$37.50	\$25/\$31.25
Beginning Blast	10:40 AM	320640.1A	320640.2A
Blast 1-3	10:00 AM	320647.1A	320647.2A
Teen 2	10:50 AM	320652.1A	320652.2A

Sunday Afternoon

	Time	Ssn 1	Ssn 2
	Date	6/5-7/10	7/17-8/14
	Fee	\$24/\$30	\$20/\$25
Water Explorer	4:20 PM	320714.1A	320714.2A
Preschool	3:00 PM	320727.1A	320727.2A
	3:40 PM	320727.1B	320727.2B
Level 1	4:20 PM	320731.1A	320731.2A
Levels 2-4	3:00 PM	320737.1A	320737.2A
	Fee	\$30/\$37.50	\$25/\$31.25
Beginning Blast	4:20 PM	320740.1A	320740.2A
Blast 1-3	3:40 PM	320747.1A	320747.2A
Teen 1-2	4:30 PM	320757.1A	320757.2A

Spring Swim Lessons

Check out the Winter/Spring Recreation Brochure for dates & times for the last sessions of 1x a week swim lessons. Classes available for all ages and abilities;

Saturday Start April 9!

Sun, Mon, Tues, Wed and Thurs. Start April 12!

CARA SWIM TEAM

CARA swimming is a recreational swim team for youth who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for age group child will be on the first day of practice. Child will compete in age group of age January 1, 2016. Choose between 45, 60, and 75 minute practices below.



CARA Pre-Requisite - Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping. All participants will be evaluated on the first day of practice.

Centennial Pool CARA: The Tsunamis

Practice: May 31-Aug 4, Tue & Thurs
Parent Meeting: Jun 2, Thurs, 6:45pm
Location: Centennial Pool, 1201 Alpine St
Meets: 6/11 at Vista Ridge; 6/25 at Lifetime Fitness; 7/10 at Northglenn; 8/7 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	6-6:45pm	321112.1A	\$60/ \$75
8-10 yrs	6:50-7:35pm	321112.2A	\$60/ \$75
11-14 yrs	6-7pm	321113.1A	\$63/ \$78.75
13-18 yrs	7:05-8:05pm	321114.1A	\$65/ \$81.25

Sunset Pool CARA: The Swordfish

Practice: Jun 6-Aug 5, Mon-Fri
*No practice on 7/4
Parent Meeting: Jun 7, Tue, 8:35am
Location: Sunset Pool,
1900 Longs Peak Ave
Meets: 6/11 at Vista Ridge;
6/25 at Anthem Highlands;
7/10 at Northglenn;
8/7 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	8:45-9:30am	331112.1A	\$132/ \$165
9-12 yrs	8:30-9:30am	331113.1A	\$138.50/ \$171.50
10-18yrs	7:30-8:45am	331114.1A	\$143/\$176



Longmont Recreation Center CARA: The Piranhas

Practice: Jun 1-Aug 3, Mon & Wed *No practice on 7/4
Parent Meeting: Jun 6, 5pm
Location: Longmont Recreation Center, 310 Quail Rd
Meets: 6/11 at Lifetime Fitness; 6/25 at Anthem Highlands; 7/10 at Northglenn; 8/7 Sunset Pool-HOME

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	4:15-5pm	311112.1A	\$54/\$67.50
8-10yrs	5:05-5:50pm	311112.1B	\$54/\$67.50
9-14 yrs	4:15-5:15pm	311113.1A	\$56.75/\$70.25
9-14 yrs	5:55-6:55pm	311113.1B	\$56.75/\$70.25
10-16 yrs	5:20-6:20pm	311114.1A	\$56.75/\$70.25
11-18 yrs	6:25-7:40pm	311115.1A	\$58.50/\$72

Diving Lessons

Beginner: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach and basic front and back dives.

Intermediate: Pre-requisite: Successful completion of Beginner Diving or be able to perform a dive from the diving board with appropriate 4 step approach and back fall dive. Intermediates will work on flexibility, strength, and building diving skills.

Advanced: Pre-requisite: Must have successful completion of Intermediate Diving and have a willingness to try new dives. Learn inwards, reverse flips and twisting dives.

Ages: 7-18

Location: Centennial Pool; 1201 Alpine St.

DIVE	Time	Date	Fee	
2x a Week	Mon & Wed	6/6-6/22	res/non-res	
Beginner	5:15-6:00pm	321321.1	\$36/\$45	
Intermediate	6:05-7:05pm	321331.1	\$40.50/\$50.75	
Advanced	7:10-8:25pm	321341.1	\$43.50/\$54.50	
DIVE	Time	Mon ONLY	Wed ONLY	Fee
1x a Week		7/11-8/8	7/6-8/3	res/non-res
Beginner	5:15-6:00pm	321320.1	321324.1	\$30/\$37.50
Intermediate	6:05-7:05pm	321330.1	321334.1	\$33.75/\$42.25
Advanced	7:10-8:25pm	321340.1	321344.1	\$36.25/\$45.50

American Red Cross: Adult Learn-to-Swim Classes

Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

Sunset Pool				
Saturdays	Time/Date	6/7-6/23	6/28-7/21	7/26-8/11
	Fee	\$31.50/\$39.50	\$42/\$52.50	\$31.50/\$39.50
Adult 1	5:35 PM	330261.1A	330261.2A	330261.3A

Centennial Pool			
Saturdays	Fee	\$31.50/\$39.50	\$26.25/\$33
	Time/Date	6/11-7/16	7/23-8/20
Adult 1-2	10:50 AM	320667.1A	320667.2A
Sundays	Time/Date	6/5-7/10	7/17-8/14
Adult 1	4:30 PM	320761.1A	320761.2A

Longmont Recreation Center			
Sundays	Time/Date	6/5-7/10	7/17-8/14
	Fee	\$31.50/\$39.25	\$26.25/\$33
Adult 1-2	7:40 AM	310767.1A	310767.2A

Adult Tennis Lessons

NEW!! Check out the Quail Campus Tennis Courts. Lessons are for beginner or advanced beginners. Please wear appropriate clothing and tennis shoes and bring a racquet and water bottle.

Location: Quail Campus Tennis Courts, 310 Quail Rd

Ages 18 & up: Beginner, Tuesday/Thursday, 6-7pm

Dates: May 31-Jun 16 312606.T1
Jun 28-Jul 14 312606.T2
Jul 26-Aug 11 312606.T3

Fee: \$50 resident/\$62.50 non-resident

Ages 18 & up: Advanced Beginner, T/Th, 7-8:30pm

Dates: May 31-Jun 16 312616.T1
Jun 28-Jul 14 312616.T2
Jul 26-Aug 11 312616.T3

Fee: \$75 resident/\$93.75 non-resident

Adult Pickleball

A combination of badminton, ping pong and tennis is played with a whiffle ball on a short tennis court. It's fun, social and easy to learn making it one of the nation's fastest growing sports. Learn rules, techniques and basic strategies. Designed for beginner and advanced beginner players. Equipment provided.

Ages 16 & up: Jun 23-Jul 7, Thurs, 6:15-7:15pm 412322.1

Jul 21-Aug 4, Thurs, 6:15-7:15pm 412322.2

Location: Collyer Tennis Courts, 600 Collyer Street

Fee: \$25 resident/\$32 non-resident

Senior Pickleball

Check out his fun, unique game best described as a hybrid of tennis and badminton. Join other active seniors up to four times per week.

55+ years: Monday-Thursday, 2-4pm

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Daily Admittance

Introduction to Slow pitch Softball Umpiring

Ever thought about Umpiring Slow pitch Softball but didn't know how to get started? Join us for an informational and interactive clinic. We cover rules, the basics and have you practice on field mechanics to see if it's right for you. Job opportunities exist.

Ages 16 & up: Apr 26, Tue, 6:30-8pm 412324.1

May 23, Mon, 6:30-8pm 412324.2

Location: Garden Acres Ballfields, 2058 Spencer St

Fee: FREE, please pre-register

Senior Golf Association

Get out and play 9 holes of golf with other senior golfers at Sunset Golf Course. All levels welcome; no GHIN number required. This fun, noncompetitive, weekly group plays Fridays, May 13 through mid-October. Registration taken at the Longmont Senior Center.

Fee: \$16 resident/\$19 non-resident 287003.01

Adult Sports Leagues

Sign up as a free agent in Adult Team Sports! Free Agents are individuals who don't have a team, but want to play in an adult sports league. Free agents will be combined to form a team(S). Free agent registration is available on-line.

Summer and Fall Coed Kickball

Break out the old rubber ball and come play kickball. This is a coed recreational kickball league played between two teams of 9 players – great for business teambuilding! Register through June 1 for summer and July 6-Aug 16 for Fall at the Longmont Recreation Center or on-line (packets available on-line).



16 to Adult: Garden Acres Ball Field, 2058 Spencer St
Summer Dates: Jun 7-Jul 2, Tuesdays
Fall Dates: Aug 23-Oct 18, Tuesdays
Total Team Fee: \$270
Two Payment Option: \$140 each payment = \$280

New! GLOW Coed Kickball League 8v8

Get ready for crazy fun, GLOW kickball is an awesome game for EVERYONE. If you are looking for a relaxed adult COED recreational league, then you've come to the right place. This league is designed to be less competitive than other sports leagues and more focused on social and fun. Register as a team or on your own as a Free Agent and we'll get you connected! Six game season; games start at 8pm.

16 to adult: Garden Acres Ball Field, 2058 Spencer Street
Fall Dates: Aug 13-Sept 17, Saturdays
Total Team Fee: \$200
Two payment option: \$105 each payment = \$210
Free Agent fee: \$20 resident/\$25 non-resident

Summer and Fall Softball

Men's, Women's and Coed leagues are offered for ages 16 to adult. Register through April 26 (summer) or Jul 6-Aug 16 (Fall) at the Longmont Recreation Center or on-line (packets available on-line). Summer teams play 12 games, Fall teams play 8 games.



Summer Dates: May 9-Mid August
Total Team Fee: \$650
Three Payment Option: \$220 each payment = \$660
Free Agent Fee: \$60 resident/\$75 non-resident

Fall Dates: Aug 22-Oct 16
Total Team Fee: \$450
Two Payment Option: \$230 each payment = \$460
Free Agent Fee: \$44 resident/\$55 non-resident

Summer Adult Basketball

Two classifications of play offered, recreational and leisure. Register May 2-June 6 at the Longmont Recreation Center or on-line. Each team plays 8 games. Must be 18 years old.

Wednesday Recreation League: Jun 8-Aug 3
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Thursday Leisure League: Jun 9-Aug 6
Location: Longmont Recreation Center, 310 Quail Rd

Total Team Fee: \$400
Two Payment Option: \$205 each payment = \$410
Free Agent Fee: \$50 resident/\$62.50 non-resident



SKYHAWKS SPORTS

Skyhawks sports provides a wide variety of fun, safe and positive programs that emphasize critical lessons of sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979 Skyhawks Sports has taught over one million boys and girls life lessons through sports. All campers receive a t-shirt and merit award/player evaluation for each camp.

Skyhawks Mini-Hawk

This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with lots of encouragement and a big focus on fun. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Camper to coach ratio is 8:1

4 to 7 yrs:	Jun 6-10, Mon-Fri, 9am-12pm	312290.H1
	Jun 13-17, Mon-Fri, 9am-12pm	312290.H2
	Jul 5-8*, Tue-Fri, 9am-12pm	312290.H3
	Jul 25-29, Mon-Fri, 9am-12pm	312290.H4

Location: Carr Park, 21st Ave and Gay St
 Fee: \$114 resident/\$142.50 non-resident
 Fee*: July 5-8 \$97 resident/\$121.25 non-resident

Skyhawks Indoor Volleyball

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This coed program is designed for the beginning and intermediate player. Our staff assists campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Camper to coach ratio 12:1

7 to 14 yrs:	Jun 6-10, Mon-Fri, 9am-12pm	312290.V1
	Jul 25-29, Mon-Fri, 9am-12pm	312290.V2

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$114 resident/\$142.50 non-resident

Skyhawks Tennis with Quickstart

Skyhawks Tennis with Quickstart is a new format to help kids ten and under learn and play tennis. The court is smaller and has shorter nets, the racquets are smaller and the balls are foam. Athletes also learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill up quickly. Camper to coach ratio 8:1.

5-9 yrs:	Jun 6-10, Mon-Fri, 9am-12pm	312290.Q1
	Jun 27-Jul 1, Mon-Fri, 9am-12pm	312290.Q2

Location: Affolter Tennis, Holly Ave and S Judson St
 Fee: \$114 resident/\$142.50 non-resident

Skyhawks Indoor Basketball

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressive-oriented curriculum, our staff will focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. All participants receive a basketball. Camper to coach ratio 10:1.

7 to 12 yrs:	Jun 13-17, Mon-Fri, 9am- 3pm	312290.B1
	Jul 11-15, Mon-Fri, 9am-3pm	312290.B2

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$134 resident/\$167.50 non-resident

Skyhawks Tennis

Skyhawks tennis focuses on skill refinement as well as practice and match play to develop consistent well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Athletes also learn the rules and etiquette that make tennis an exciting game. Due to limited court space, these programs fill quickly. Camper to coach ratio 8:1.

7 to 13 yrs:	Jun 13-17, Mon-Fri, 9am-12pm	312290.T1
	Jul 11-15, Mon-Fri, 9am-12pm	312290.T2

Location: Affolter Tennis, Holly Ave and S Judson St
 Fee: \$114 resident/\$142.50 non-resident

Skyhawks Cheerleading

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program, just a big focus on fun while each cheerleader learns cheers, proper hand & body movements and jumping techniques plus important life skills such as teambuilding and leadership. The week concludes with a choreographed performance. All campers receive pom-poms. Participant to coach ratio 10:1.

5 to 9 yrs:	Jun 20-24, Mon-Fri, 9am-12pm	312290.C
Location:	Sandstone Ranch Turf Fields, 3001 E Hwy 119	
Fee:	\$114 resident/\$142.50 non-resident	

Skyhawks Beginning Golf

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. Skyhawks uses the SNAG (Starting New at Golf) system which is designed for the entry-level player. Please do not bring your own clubs – all equipment is provided. Camper to coach ratio 8:1.

5 to 8 yrs:	Jun 20-24, Mon-Fri, 9am-12pm	312290.G
Location:	Sandstone Ranch Turf Fields, 3001 E Hwy 119	
Fee:	\$114 resident/\$142.50 non-resident	

Skyhawks Soccer

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the worlds' most popular sport. Using our progressive-oriented curriculum, focusing on dribbling, passing, shooting and ball control, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. Includes a soccer ball. Camper to coach ratio 14:1



6 to 12 yrs:	Jun 20-24, Mon-Fri, 9am-3pm	312290.S
Location:	Garden Acres East Turf, 2058 Spencer St	
Fee:	\$134 resident/\$167.50 non-resident	

Skyhawks Baseball

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Staff uses a progressive-oriented curriculum to teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and responsibility. Participant to coach ratio 12:1.

6 to 12 yrs:	Jun 27-Jul 1, Mon-Fri, 9am-12pm	312290.L
Location:	Sandstone Ranch Baseball #4, 2525 E Hwy 119	
Fee:	\$114 resident/\$142.50 non-resident	

Skyhawks Flag Football

Flag Football is the perfect introduction to "America's Game". Campers learn skills on both sides of the football including the core components of passing, catching and defensive positioning - all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl! Includes a football. Participant to coach ratio 12:1.

7 to 12 yrs:	Jul 18-22, Mon-Fri, 9am-3pm	312290.F
Location:	Garden Acres East Turf, 2058 Spencer St	
Fee:	\$134 resident/\$167.50 non-resident	

Summer Free Events

Rockies Skill Challenge

For boys and girls ages 6-13 as of December 31, 2016. Participants will compete in throwing, running and hitting. Boys and girls compete separately in four age divisions (6/7, 8/9, 10/11 & 12/13). Winners in each age and gender group will advance to the sectional competition in July. The winners of the sectional competition move on to the state competition at All Star Stadium in Lakewood in August. Registration forms will be available at the competition. Participants must provide a copy of their birth certificate on the day of the competition. Adult signature is required to participate.

Date: Saturday, June 18, 2016
Event Time: 9-10:30am
Location: Sandstone Ranch Ballfields, 3001 E Hwy 119

Preschool Sports

These clinics are held indoors and/or outdoors and focus on the basics of the game. Goal Sports Clinic includes soccer, lacrosse and scooter hockey. Please have your child wear tennis shoes, bring water and prepare for the weather. Come in and enjoy a workout while the little one burns some energy. *No class July 4.*



Ages:	3 to 5 years:	Time: 10:30-11:15am	
Basketball	Wednesdays	May 4-25	312120.W
	Tuesdays	Aug 2-23	312120.T
	Thursdays	Aug 4-25	312120.R
T-ball	Tuesdays	Jun 7-28	312122.T
	Thursdays	Jun 9-30	312122.R
	Mondays	Jul 11-25	312122.M
	Wednesdays	Jul 6-27	312122.W
Goal Sports	Tuesdays	May 3-24	312156.T
	Thursdays	May 5-26	312156.R
	Mondays	Jun 6-27	312156.M
	Wednesdays	Jun 8-29	312156.W
Soccer	Tuesdays	Jul 5-26	312121.T
	Thursdays	Jul 7-28	312121.R
	Wednesdays	Aug 3-24	312121.W
Location:	Longmont Recreation Center, 310 Quail Rd		
Fee:	\$30 resident/\$37.50 non-resident		

CARA Track Team

This program exposes participants to a variety of track and field events in a recreational atmosphere. Participants have the opportunity to gain exposure to and compete in a variety of track and field events appropriate to age and skill level. Saturday meets are held along the Front Range. You must provide a copy of a birth certificate at time of registration (or at first practice if registering on-line). Register according to child's age as of August 1, 2016. Bring water bottle to practice.

Days/Dates: Jun 7-Jul 23, Tues/Thurs; Sat meets
5 to 10 years: 8- 9:15am 312263.50
11-16 years: 9:30-11am 312263.16
5 to 16 years: 6-7:30pm 312263.EV

Location: Skyline High School, 600 E Mountain View Ave
Fee: \$80 resident/\$100 non-resident

CARA Tennis Team

This program is designed as a team tennis opportunity. Participants must have had previous tennis experience. There are 6 weeks of instruction consisting of two hours of practice per week. Matches of a low-key nature will be available on Fridays along the Front Range. You must provide a copy of a birth certificate at time of registration (or at first practice if registering on-line). Register according to child's age as of August 1, 2016. Bring water bottle to practice.



Days/Dates: June 6-July 22, Mon/Wed, Fri matches
8 to 10 years: 9-10am 312261.10
11 to 12 years: 10-11am 312261.12
13 to 14 years: 11am-12pm 312261.14
15 to 18 years: 8- 9am 312261.18

Location: Quail Tennis Complex, 310 Quail Rd.
Fee: \$80 resident/\$100 non-resident

Youth Tennis Lessons

New Location!! All tennis lessons are for beginner to advanced beginners. Lessons for 4-10 year olds will use the USTA 10U Tennis format. Participants must supply their own racket. Balls are provided. Bring water bottle to practice. **NO class July 4.*

Location: Quail Tennis Complex, 310 Quail Rd
Dates/Days: June 1-15, Mon/ Wed,
4 to 6 years: 8:30- 9am 312600.M1
7 to 8 years: 9:05-10:05am 312601.M1
9 to 10 years: 10:10-11:10am 312602.M1
11 to 12 years: 11:15am-12:15pm 312603.M1

Dates/Days: Jun 27-Jul 13*, Mon/Wed
4 to 6 years: 8:30- 9am 312600.M2
7 to 8 years: 9:05-10:05am 312601.M2
9 to 10 years: 10:10-11:10am 312602.M2
11 to 12 years: 11:15am-12:15pm 312603.M2
Fee: Ages 4-6: \$20.75 resident/\$26 non-resident
Ages 7-17: \$41.75 resident/\$52 non-resident

Dates/Days: Jul 25-Aug 10, Mon/Wed
4 to 6 years: 8:30- 9am 312600.M3
7 to 8 years: 9:05-10:05am 312601.M3
9 to 10 years: 10:10-11:10am 312602.M3
11 to 12 years: 11:15am-12:15pm 312603.M3

Dates/Days: May 31-Jun 14, Tue/Thu
4 to 6 years: 8:30- 9am 312600.T1
7 to 8 years: 9:05-10:05am 312601.T1
9 to 10 years: 10:10-11:10am 312602.T1
11 to 12 years: 11:15am-12:15pm 312603.T1
13 to 17 years: 5-6pm 312605.T1
Advanced Beginner 9-12 years: 4-5pm 312615.T1

Dates/Days: Jun 28-Jul 14, Tue/Thu
4 to 6 years: 8:30- 9am 312600.T2
7 to 8 years: 9:05-10:05am 312601.T2
9 to 10 years: 10:10-11:10am 312602.T2
11 to 12 years: 11:15am-12:15pm 312603.T2
13 to 17 years: 5-6pm 312605.T2
Advanced Beginner 9-12 years: 4-5pm 312615.T2

Dates/Days: Jul 26-Aug 11, Tue/Thu
4 to 6 years: 8:30- 9am 312600.T3
7 to 8 years: 9:05-10:05am 312601.T3
9 to 10 years: 10:10-11:10am 312602.T3
11 to 12 years: 11:15am-12:15pm 312603.T3
13 to 17 years: 5-6pm 312605.T3
Advanced Beginner 9-12 years: 4-5pm 312615.T3
Fee: Ages 4-6: \$25 resident/\$31.25 non-resident
Ages 7-17: \$50 resident/ \$62.50 non-resident

See SNAG Golf programs
for ages 5-10 on page 48

Youth Outdoor Archery

Archery is an Olympic sport that teaches discipline and concentration. Learn shooting skills, safety, scoring, types of equipment and terminology. Class is taught by a Level 2 Archery Instructor. All equipment provided.

Location: Archery Range, South of Hwy 119 on WCR 5.

Beginner Archery

Learn shooting skills, safety, scoring, types of equipment and terminology.

Ages 10 to 17 years: Tuesdays, 4:45- 5:45pm

May 17-Jun 7 312242.B1

Jun 21-Jul 12 312242.B2

Jul 26-Aug 16 312242.B3

Fee: \$40 resident/\$50 non-resident

Intermediate Archery

Tuesdays, 6-7:30pm

May 17-Jun 7 312242.T1

Jun 21-Jul 12 312242.T2

Jul 26-Aug 16 312242.T3

Fee: \$60 resident/\$75 non-resident

Fencing Camps

These focused and fun camps are offered by truly outstanding coaches. Camps include all fencing equipment. Bring a snack. Register for both Camps and bring a lunch – camp counselors will hang out with kids.

Ages: 8-18 Years

Instructor: Denver Fencing Academy

Jedi Training Camp

Long, long ago in a galaxy far, far away the Jedi Knights protected the innocent from evil doers. Come train your mind

and body to become the greatest heroes of all time.

Learn how to use the light sabers in theatrical fighting, participate in strength and agility training using various exercises and games, learn Jedi lore and history, and learn how to put together a massive battle.



Date: Jun 6-10, Mon-Fri, 9am-12pm 312297.3

Location: Longmont Museum, 400 Quail Rd

Date: Aug 1-5, Mon-Fri, 9am-12pm 312297.4

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$150 resident/\$187.50 non-resident

Fencing Camp

Designed for all skill levels, this camp includes an introduction to the history of fencing, footwork and blade work (parries and ripostes). The program also provides for intermediate and progressive saber fencers.

Date: Jun 6-10, Mon-Fri, 1-4pm 312297.1

Location: Longmont Museum, 400 Quail Rd

Date: Aug 1-5, Mon-Fri, 1-4pm 312297.2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$150 resident/\$187.50 non-resident

Register for both Camps: 312297.B

312297.B2

Both-camp Fee: \$250 resident/\$312.50 non-resident

Skatestart Plus:

Youth Skateboarding Lessons

A special skateboard program geared toward beginners and never-ers. Skatestart Plus focuses on mastering the fundamentals and encouraging participants to push faster, roll faster, and master the basics. All you'll need is water, snack, shoes, and a desire to learn. We'll get you set up with one of our skateboards & helmet. Certificate of awesomeness awarded at the end of class.

5 to 12 yrs: Time, 9am-12pm

Location: Longmont Recreation Center, 310 Quail Rd

Date/Day: Jun 4, Saturday 312235.06

Jul 9, Saturday 312235.07

Jul 23, Saturday 312235.08

Location: Sandstone Skate Park, 3001 E Hwy 119

Date/Day: Aug 5, Friday 312235.09

Instructor: Skatestart LLC

Fee: \$55 resident/\$68.75 non-resident

Lacrosse Camp

Learn to play the fastest growing sport in America. During a fun and exciting week, learn skills and drills along with plenty of fun and excitement. Appropriate for beginners, intermediate and experienced campers. All equipment and gear is provided. Please bring water to drink and a great attitude!



8 to 17 yrs: Jun 6- 9, Mon-Thurs, 9am-12pm 312295.B1

Jul 11-14, Mon-Thurs, 9am-12pm 312295.B3

Location: Garden Acres Park, 2058 Spencer Street

8 to 17 yrs: Jun 27-30, Mon-Thurs, 9am-12pm 312295.B2

Location: Steven Day Park, 1340 Deerwood Drive

Instructor: Sports Hustle

Fee: \$99 resident/\$123.75 non-resident

Basketball Handling & Shooting Camp

Teaching ball handling (dribbling) and shooting fundamentals, this camp is a great way to build confidence and ability. Our coaches truly TEACH, not just show, young athletes of all experience levels the art of ball handling and shooting. The focus is on dribbling and shooting and also includes 3 vs 3 fun games and drills. All levels welcome.

8 to 12 yrs: Jul 18-20, Mon-Wed, 8am-12pm 312291.H

Instructor: Legends Youth Sports

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$115 resident/\$143.75 non-resident

P.E. Me - Fitness and Sport

Develop the WHOLE child from inside out. Each class begins with fitness; teaching the basic form and function of athletic body movements. Fun drills are used to teach body coordination, strength and agility. Fun obstacle courses are used to apply what they have learned. The second half is sports time. Meet at the flag pole at Roosevelt Park!



5 to 8 yrs: Jun 2-30, Thurs, 9-10:30am 347953.06

Jul 7-Aug 4, Thurs, 9-10:30am 347953.07

9 to 12 yrs: Jun 2-30, Thurs, 10:45am-12:15pm 347953.6A

Jul 7-Aug 4, Thurs, 10:45am-12:15pm 347953.7A

Instructor: In the Core Fitness

Location: Roosevelt Park, 700 Longs Peak Ave

Fee: \$59 resident/\$73.75 non-resident

Volleyball Camp

We love volleyball! Join us for a power packed camp designed to be fun while teaching the fundamentals of the sport - serving, setting, hitting and defense. This camp is good for beginners and intermediate players who want to learn and develop their skills. Each day is full of skills, drills, games and sports conditioning. No previous experience is necessary. We provide all equipment. Please bring water to drink and wear tennis shoes.



Dates/Day: August 2- 4, Tue-Thu
 Grades: 6th-8th grade, 9am-12pm 312296.MS
 9th-12th grade, 1- 4:00pm 312296.HS
 Location: Longmont Recreation Center, 310 Quail Rd
 Fees: \$50 resident/\$62.50 non-resident

Youth/Teen Pickleball

NEW!! Pickleball craze is sweeping the nation. A combination of badminton, ping pong and tennis is played with a whiffle ball on a short tennis court. It's fun, social and easy to learn, making it one of the nation's fastest growing sports. Come learn the basics of the sport while meeting new friends. Equipment provided.

Day: Tuesday
 9 to 11 years: Time: 5:30-6:15pm
 Dates: Jun 21- Jul 5 412222.1
 July 19-Aug 2 412222.3
 12 to 15 years: Time: 6:30-7:15pm
 Dates: Jun 21-Jul 5 412222.2
 Jul 19-Aug 2 412222.4
 Location: Collyer Tennis courts, 600 Collyer St
 Fees: \$20 resident/\$25 non-resident

T-ball & Coach Pitch

Preschoolers learn how to throw, hit (off a tee for t-ball), run bases, catch balls and all the other fun parts of this great sport. The season concludes with a fun scrimmage on Thursday, July 28 in the evening. Please wear running shoes (no sandals or crocs) and bring a baseball glove and water bottle.

T-ball: 4 to 5 years
 Jul 6-28, Mon/Wed, 9:15-10am 312272.M9
 Jul 5-28, Tue/Thu, 8- 8:45am 312272.T8
 Fee: \$37 resident/\$46.25 non-resident

Coach-pitch 6 to 7 years
Baseball: July 5-28, Tue/Thu, 9-10am 312282.00
 Fee: \$45 resident/\$56.25 non-resident

Location: Clark Centennial Park, Rodriguez Field,
 1200 Alpine Street

Sports Sampler for Tweens

Would like to brush up on your sports skills? Have fun learning basic sports agility and practice skills in basketball, volleyball and soccer. Pre-registration is required, sign up early. Come join the fun!

9 to 13 years: Aug 1-15, Mon, 4- 5pm 312299.SU
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$30 resident/\$37.50 non-resident

Fall CARA Lacrosse League

A coed team program with an emphasis placed on fun and participation. Saturday games are played along the Front Range. Practice times and days of practice depend on coach's availability. Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. All equipment shall conform to NFHS rules.



Dates: Aug 22-Oct 15
 6 to 8 years: 312264.B6
 8 to 10 years: 312264.B8
 10 to 12 years: 312264.B0
 12 to 14 years: 312264.B2
 Location: Sandstone Ranch Turf Fields, 3001 E Hwy 119
 Fee: \$60 resident/\$75 non-resident

Fall Youth Volleyball

A coed organized team participation program. The emphasis of the program is placed on teamwork, sportsmanship, skill development, fun and participation. All teams play an 8 game schedule with practice twice a week. Times, dates and location of practice depend on coach's availability. Registration Deadline is August 23. Practice begins the week of August 29 and games begin September 10.

Aug 29-Nov 5 Grades 3&4 412123.00
 Grades 5&6 412425.00
 Grades 7&8 412427.00
 Fee: \$70 resident/\$87.50 non-resident

CARA High School Volleyball

NEW!! The CARA Youth Volleyball Program is an organized team participation program for girls in High School who do not play on a high school or club volleyball team. Times, dates and location of practice depend on coach's availability. Teams travel to Denver Metro locations to play tournaments on Saturdays from Sept 10-Oct 29. Each team must play in at least two tournaments to qualify for the State tournament. Registration Deadline is August 21. Practice begins the week of August 22.

Grades 10-12 Aug 29-Oct 29 412129.00
 Fee: \$85 resident/\$106.25 non-resident

CARA Cross Country

Run long distance and compete in a meet appropriate to age and skill level. Practices are coed. Optional meets are held on Saturdays and/or Sundays. You must provide a copy of a birth certificate at time of registration (or at first practice if registering on-line). Bring water bottle to practice.

9 to 14 years: Dates/Time: Sept 7-Oct 8, 5-6pm
 Mon/Wed 412262.MW
 Fee: \$50 resident/\$62.50 non-resident

Optional extra Friday practice for advanced runners to work toward end-of-season 5K race. 412262.F
 Fee: \$25 resident/\$31.25 non-resident
 Location: Sandstone Ranch, 3001 E Hwy 119

Fall Intramural Soccer for Middle School

Fall team registration begins the first part of August. Practices start after the St Vrain Valley School year begins with games scheduled for September and October. Practices and games are held at participating schools. Call Centennial Pool for more information - 303-651-8406.



TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program. Newcomers please come 15 min. before class to familiarize yourself with straps, positions, and getting in/out of straps.

Location: Centennial Pool, 1201 Alpine St

Monday & Wednesday

	5/2-5/25	6/6-6/29	7/11-7/27	8/1-8/31
8:15-9:15am	223512.5A	323512.1A	323512.2A	423512.1A
5:45pm-6:45pm	223512.5B	323512.1B	323512.2B	423512.1B
Rec Pass Holder	\$35	\$35	\$26	\$44
Non-Pass Holder	\$44	\$44	\$32	\$55

Tuesday & Thursday

	5/3-5/26	6/7-6/30	7/5-7/28	8/2-9/1
6-7pm	223512.5C	323512.1C	323512.2C	423512.1C
Rec Pass Holder	\$35	\$35	\$35	\$44
Non-Pass Holder	\$44	\$44	\$44	\$55

TRX Force

This progressive Tactical Conditioning Program helps people of all fitness levels safely develop the strength, power and core stability needed to do their jobs. TRX Team Blocks helps develop the resilience tactical athletes need to go the distance.

Instructor: Courtenay
 18 & up: Tue & Thurs, 8:15-9:15am
 May 3-26, \$40 pass/\$50 non-pass 233552.3A
 Location: Centennial Pool, 1201 Alpine St

18 & up: Tue & Thurs, 8:15-9:15am
 Jun 7-30, \$40 pass/\$50 non-pass 333552.1A
 Jul 5-28, \$40 pass/\$50 non-pass 333552.2A
 Aug 2-Sept 1, \$50 pass/\$63 non-pass 333552.1A
 Location: Sunset Pool, 1900 Longs Peak Ave

TRX for Teens

Build strength and develop good core to help you improve in a sport or just everyday activities. By utilizing your own body weight, the TRX Suspension Trainer is accessible for all fitness levels. *no class 8/23 & 8/25

11 to 17 yrs: Tue & Thurs, 5-5:45pm
 May 3-26, \$30 res/\$38 non-res 223531.1
 Jun 7-30, \$30 res/\$38 non-res 323531.1
 Jul 5-28, \$30 res/\$38 non-res 323531.2
 Aug 2-Sept 1, \$30 res/\$38 non-res 323531.1

Instructor: Yami
 Location: Centennial Pool, 1201 Alpine St

Fitness in the Parks

Mix up your workouts by taking them outside this summer! Join us for six classes at various parks throughout the City of Longmont! Childcare will not be available.

18 & up: Fridays, 9-10am
Jun 3 Bootcamp at Garden Acres Park
Jun 17 Mind/Body at Willow Farm Park
Jul 1 Bootcamp at Left Hand Creek Park
Jul 15 Zumba at Roger's Grove Park
Aug 5 Mind/Body at Dawson Park
Aug 19 Zumba at Roger's Grove Park
 Fee: Free

Slackline Fitness-Adult

Enjoy the benefits of improved stabilization, strength, coordination and whole body balance! Class includes slackline work and other strength and balance circuits for a whole-body workout.



18 & up: May 4-25, Wed, 6:30-7:15pm 243411.05
 Jun 1-22, Wed, 6:30-7:15pm 343411.06
 Jul 6-27, Wed, 6:30-7:15pm 343411.07
 Aug 3-31, Wed, 6:30-7:15pm 343411.08
 Instructor: In the Core Fitness
 Location: St Vrain Mem Bldg, 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident

Fluid Running

Fluid running is a deep water running technique that the Australians and Canadians have been using to supplement their land running, rehab injuries or use as a cardio workout. The Benefits: Burn up to 40% more calories than running on land, Builds muscular strength and endurance, and No impact! Everyone can participate. Aqua-jogging belts are provided for flotation.

Drop in Fee: \$12 resident/ \$15 non-resident
 Instructor: Mary Ritter, Personal Trainer, USAT Coach and SSI Level III Swim Instructor

18 & up: Tue & Thurs, 7-8am
 May 3-26, \$64 res/\$80 non-res 233600.3
 Location: Centennial Pool, 1201 Alpine St

18 & up: Tue & Thurs, 7-8am
 May 31-Jun 30 \$80 res/\$100 non-res 333600.1
 Jul 5-19 \$40 res/\$50 non-res 333600.2
 Aug 2-Sep 1 \$80 res/\$100 non-res 333600.3
 Location: Sunset Pool, 1900 Longs Peak Ave

Slackline Fitness for Youth

Enjoy the benefits of improved stabilization, strength, coordination and whole body balance! Class includes slackline work and other strength and balance circuits for a whole-body workout.

10 to 17 yrs: May 4-25, Wed, 5:45- 6:30pm 243410.05
 Jun 1-22, Wed, 5:45- 6:30pm 343410.06
 Jul 6-27, Wed, 5:45- 6:30pm 343410.07
 Aug 3-31, Wed, 5:45- 6:30pm 343410.08
 Instructor: In the Core Fitness
 Location: St Vrain Mem Bldg, 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident



Land and Water Drop-In Fitness Classes

Over 30 types of land and water drop-in fitness classes are offered between the four different facilities: Centennial Pool, the Longmont Recreation Center, Sunset Pool, and the St Vrain Memorial Building. Unless otherwise noted, drop-in fitness classes are included with general admission.

No Regular Fitness Classes:

Monday, May 30; Monday, July 4; Monday, September 5

Special Fitness Classes:

ZUMBA© July 4, Mon, 9-10:30am at Sunset Pool.
Come JOIN the PARTY!



Class schedules & descriptions can be found for each of the recreation facilities online at www.LongmontColorado.gov/rec then click on Fitness/Wellness Programs link!

Quick Fit

\$3 resident/ \$3.50 non-resident

Quick Fit Workouts are available at Centennial Pool, exclusively to parents of City of Longmont programs while their children swim.

Ask the Trainer

Talk to a personal trainer about your fitness questions, concerns, or workouts. Get a new exercise to strengthen your target muscle group, clarify proper form on a specific piece of equipment, or find out if a personal training session might be a good fit for you. Free consult with Regular admittance fees.

2nd Wed, 10-11am at St Vrain Memorial Building
4th Tues, various times at Longmont Recreation Center

Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

Fees: Private Semi-Private

1 session- \$45/ \$57	1 session- \$55/ \$69
5 sessions- \$200/ \$250	5 sessions- \$250/ \$313
10 sessions- \$350/ \$438	10 sessions- \$450/ \$563

Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$35 resident/ \$43 non-resident
Location: Longmont Recreation Center, 310 Quail Rd

Jazzercise

A pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip swiveling, Shakira'd-be-proud dance party with a hot playlist to distract you from the burn. Please check in with Jazzercise-separate table will be set up for them. For info call 720-494-0312.

Drop-in \$15/class; passes available.
MWF 9:15-10:15am @ Longmont Recreation Center

Weight Room Orientations

Call the Longmont Recreation Center at 303-774-4800, to enroll in no-cost orientations the 2nd Wednesday at 7pm or the 4th Sunday at 3:15pm of each month. To set up a day/time for no-cost orientations at other facilities, contact the fitness coordinator at 303-774-4752. 14 years and older.

Nutrition Services

Nutrition programming that begins with an in depth discussion of your daily eating habits in which you will learn how to improve your health and wellness goals. Programs are specific for your needs including education for chronic diseases, weight loss, grocery store walk-throughs, and nutrition for endurance sports. Teri Froelich, RD, is instructing. Call the Longmont Recreation Center at 303-774-4752 to set up an appointment today!

Fee: 1 session- \$50 resident/ \$63 non-resident
Follow Up session- \$45 resident/ \$57 non-resident
3 sessions- \$140 resident / \$175 non-resident

Body Composition

Just want to know your girth measurements and body fat percentage? Then this is the right package for you! Call the Fitness Coordinator at 303-774-4752 for more information and to set up your appointment at the recreation facility of your choice.

Fee: \$12 resident / \$15 non-resident



Yoga

Yoga students: Please bring your own yoga mat, and a thick blanket if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.

Drop-in fee: 1.25 hour classes: \$10 resident/ \$12.50 non-resident
1.5 hour classes: \$12 resident/ \$15 non-resident;
2 hour classes: \$15 resident/ \$18.75 non-resident

Alignment Based Yoga – Mon 4pm

Begin your week in the peaceful world of yoga. This class offers clear instruction in the building blocks of traditional yoga. Thoughtful sequencing and precise alignment cues enhance safety, and a slow style takes you deep into poses to release tension leaving you lighter and more at ease. 1.25 hour class.

Wellness Yoga – Mon 5:30pm, Thurs 5pm

Enjoy Yoga in a safe, joyful and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour class.

Yoga for Balance – Tues 9:15am

Classes explore balance from perspectives beyond standing on one leg-- although opportunities to do so will arise! Yoga unifies breath, movement and intention to stabilize and strengthen your body and mind. Movements are sequenced in fun and doable ways that students of all levels enjoy. 1.5 hour class.

Gentle Yoga – Wed 10:30am

This class is for anyone who would like to relieve stress, increase strength and flexibility, improve balance and overall well-being. Practice gentle yoga poses using chairs, yoga props, and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. Katharine Kaufman teaching in June. 1.25 hour class.

Therapeutic Structural Yoga – Wed 5:30pm

This classical yoga practice will restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour class.

Prenatal Yoga - resuming Sept 14, 2016

For pregnant women at any stage, strengthen your body and the bonding process with baby. Practice yoga postures, attention to breathing and build confidence in your body's natural ability to give birth. Great for both first-time yoga students and those with a developed practice. 1.25 hour class.

Women's Hatha Yoga – Thurs 9am

Poses specifically selected to promote wellness of the female body at all ages and stages. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. For beginning and continuing students alike. 2 hour class.

Beginner Friendly Yoga – Friday 9:15am

Whether you're a new or continuing yoga student, bring your beginner's mind to this class where the fundamentals of yoga are emphasized. The postures will stretch and enliven you. Instruction includes guided breathing and introductory meditation techniques. 1.25 hour class.

Sunday Morning Yoga – 9am

New or returning to yoga? Feel at ease through an alignment based, foundational / flow practice designed for every body. Honing awareness, cultivate breath, balance, strength, flexibility, and deep rest, coming to a greater understanding of your own well-being. 1.25 hour class.

Yoga Locations:

Creation Station - 519 4th Ave
Izaak Walton - 18 S Sunset St
St Vrain Memorial Building-
700 Longs Peak Ave

Day	Time	Class	Code	Location	Instructor
Mon	4-5:15pm	Alignment Based Yoga	343117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	343118	Izaak	Heidi Nordlund
Tues	9:15-10:45am	Yoga for Balance	343122	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	343133	Mem Bldg	Urszula Bunting
Wed	5:30-7:30pm	Therapeutic Structural Yoga	343138	Izaak	Shar Lee
Thurs	9-11am	Women's Hatha Yoga	343142	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	343119	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	343152	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	343171	Izaak	Katharine Kaufman

*Spring (Mar, Apr, May) codes begin with "2"; Summer (June, July, August) codes begin with "3."

Summer Yoga & Meditation Sanctuary Retreat

New!

Spend an entire day practicing nourishing yoga, sitting meditation, and walking meditation. This day-long retreat is designed to rejuvenate and restore balance and energy. Practice will be primarily inside with periods of outdoor walking meditation. Bring your yoga mat, blanket, a meditation cushion if you have one, and lunch. For those with some yoga or meditation experience (or the courageous beginner).

16 & up: Jun 26, Sun, 10am-5pm 343191.06
Instructor: Katharine Kaufman
Location: Sandstone Ranch Visitors & Learning Center, 3001 Sandstone Dr
Fee: \$40 resident/\$50 non-resident

Paddleboard Yoga

Bring your yoga to the water! Enjoy 1 1/2 hours of Stand Up Paddleboard (SUP) Yoga taught by Rocky Mountain Paddleboard. Focus on connecting your body and mind with the water and surrounding mountain scenery.

18 & up: May-Sept, Sun 8:30am and every other Fri, 6pm
Location: Union Reservoir, 0461 Weld County Rd 26
Fee: \$35 Register: rockymtnpaddleboard.com

See meditation class offerings on page 49.

SilverSneakers® Fitness Program

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. SilverSneakers® group classes offer the best opportunity to stay on track toward your health and fitness goals. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, the Senior Center and St. Vrain Memorial Building. To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center and get signed up!

Note: SilverSneakers® membership is NOT required to attend SilverSneakers® fitness classes. SilverSneakers® members are welcome to explore regular fitness classes as part of their membership. Non-SilverSneakers® members pay regular admission fees.

SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: May 5, Jun 2, Jul 7, Aug 4; Thurs, 9am
May 19, Jun 16, Jul 21, & Aug 18; Thurs, 2pm
Location: Longmont Recreation Center, 310 Quail Road
Fee: FREE, however pre-registration is required

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

SilverSneakers® Yoga

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Cardio

Get Up & Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Splash

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

55+, see the GO for additional wellness activities at www.longmontcolorado.gov/senior-services

Monday	Tuesday	Wednesday	Thursday	Friday
8-8:45am Classic -SC	8:45-9:30am Classic-LRC	8-8:45am Circuit-SC	8-8:45am Yoga-SC - Ends 5/26	8-8:45am Classic-SC
9:15-10am Yoga-LRC	9:35-10:20am Circuit-LRC	9:15-10am Yoga-LRC	8:45-9:30am Classic-LRC	
10:15-11am Splash-LRC	11-11:45am Yoga-SC	10:15-11am Yoga-LRC	9:35-10:20am Circuit-LRC	10:15-11am Yoga-LRC
10:15-11am Yoga-LRC		1:30-2:15pm Cardio-LRC	10:15-11am Splash-LRC	11:15am-12pm Yoga-LRC
LRC = Longmont Recreation Center, 310 Quail Rd SC=Senior Center, 910 Longs Peak Ave			1:45-2:30pm Yoga-SC - begins 6/2	

SilverSneakers® Wellness Presentations

Fee: FREE and exclusively for SilverSneakers® Members

Bone & Joint Health

May 6, Fri, 11am-12pm. Instructor: Trish
Location: Longmont Senior Center, 910 Longs Peak Ave

Summer Ice Cream Social

June 17, Fri, 11:30am - 1pm - Join us at the front lawn!
Location: Longmont Senior Center, 910 Longs Peak Ave

Healthy Hydration

June 13, Mon, 9am - 10am Instructor: Trish
Location: Longmont Senior Center, 910 Longs Peak Ave



The SCOPE (Supportive, Captivating, & Original Programs & Experiences) This Program encourages people of all abilities to participate in recreational programs and activities. The mission of SCOPE is to provide specialized support and recreational opportunities to people with disabilities. Our vision is to enrich lives and create experiences that are memorable, empowering, fun and safe for all participants.

SCOPE: Softball

Call 303-651-8394 if you aren't sure which team or league to sign up for. Please register before first game.

Softball For All

Beginning level program for athletes who need one on one assistance and/or instruction. No games Mon, July 4.

8 & up: Jun 6-Aug 1, Mon, 6-7pm 349115.A
Location: Clark Centennial Park, 1100 Lashley St
Fee: \$15 residents/\$18.75 non-resident

Unified Softball

For athletes who know the fundamentals of the game. Unified Softball League teams are comprised of athletes with developmental disabilities and non-disabled partners. All players (athletes & partners) must register. Games are played at 7pm and 8pm. All players will be contacted by coaches mid-May with team game schedule. No games Mon, July 4.

15 & up: Jun 6-Aug 1, Mon, 7-9pm 349115.U
Location: Clark Centennial Park, 1100 Lashley St
Fee: \$15 residents/\$18.75 non-resident

SCOPE: Bocce Ball

Come participate in this outdoor social game! This program offers instruction and training in the optional Special Olympics competition.

8 & up: Jun 14-Aug 8, Tues, 6-6:45pm 349117.A
Location: Collyer Park, 600 Collyer St
Fee: \$15 resident/18.75 non-resident

SCOPE: Bowling

Participants should have a basic knowledge of bowling because no instruction is given. Each bowler will be participating at his/her own pace. An additional fee of \$1.00 will be collected from each bowler per week for Centennial Lanes.



12 & up: Jun 9-Jul 28, Thurs, 3-4pm 349100.A
Location: Centennial Bowling, 110 E 9th Ave
Fee: \$15 resident/\$18.75 non-resident

SCOPE: Drumming

This introduction to drumming for people with special needs is fun, easy and accessible to anyone. The Djembe drum from West Africa is the drum of choice, and drums are provided. Simple rhythms will be presented slowly and patiently.

14 & up: Tue, 5:15-6:15pm
Dates: May 3-24 249400.B
May 31-Jun 21 349400.A
Jul 5-26 349400.B
Aug 9-30 349400.C
Instructor: Gregg Hansen
Location: Izaak Walton Clubhs, 18 South Sunset
Fee: \$32resident/\$40non-resident



SCOPE: Camps

Campers will experience a wide variety of activities, including crafts, swimming, life skills, and social and educational outings. Please note, SCOPE Camps are summer recreation programs, not day care.

SCOPE Camp is a non-licensed recreation program for adults with special needs.

18 & up: Jun 6 – Jul 28, Mon-Fri, 9am-4pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$1,155 resident/\$1,451 non-resident
Weekly Fee: \$150 per week resident/\$188 non-resident

SCOPE Teen Camp for teens with special needs is licensed through the State of Colorado.

13 to 17 years: Jun 6 – Jul 28, Mon-Fri, 9am-4pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$1,155 resident/\$1,451 non-resident
Weekly Fee: \$150 per week resident/\$188 non-resident

Daily rate available, but space is limited; call 303-651-8394 to arrange daily rates.

Thank You Volunteers!

The SCOPE would like to thank the many special people who donate their time and talents to make difference in the lives of people with special needs! This program would not be possible without you. This Summer season, we'd especially like to recognize: Connie Johnson, Tom DeHerrera, Eric Christensen, Patty Chamberlain, all of the wonderful Softball for All volunteers, Ed & Trudy Navarro, Kristy Meining & Meining Automotive, Lenny Steinman, Jim Keller, Manny Cano, Mark Powell & Powell Structure Moving, Marcus Cano, Suzie Germany & Germany Law, Dean Johnson, Al Wolden, Karen Epperson, Ben Keith, the wonderful staff at Centennial Lanes, and the parents, care providers, friends and family members who so kindly support our programs and activities! If you are interested in volunteering with the SCOPE, please call 303-651-8394.



More volunteer opportunities exist for adults, teen, and families.

Sign up online at
www.LongmontColorado.gov/donate

2016 Calendar of Events & Happenings

April - May
2016

for more information visit LongmontColorado.gov

April 30

Coffee

with Council

Saturday, 9-10am at Big Daddy Bagels, 1940 Ionosphere St, Unit D. Call 303-651-8601.

At this event, you can talk informally with at least two council members on any topic of your choice.

Longmont's Cinco de Mayo Celebration

Saturday, noon to 6 pm at Roosevelt Park, 700 Longs Peak Ave. Annual multicultural celebration. Visit www.Longmontincodemayo.com.

May 7

Free Landfill Day

Saturday, 6am-2pm at the landfill in Erie

Bring a copy of your current Longmont utility bill in order to have free entry to the event.

May 13 Second Friday

Friday, 6-9pm in Downtown Longmont

Downtown Longmont joins galleries and arts organizations with gallery openings, promotions and activities. Visit www.downtownlongmont.com.

May 14 Free Shred Event

Saturday, 9am-2pm at the Waste Diversion Center, 140 Martin St.

Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.

May 21 Artwalk

Saturday, 6:30-9pm in Downtown Longmont. Free evening of art exhibitions, music, live theatre and children's activities.

May 21

Coffee with Council

Saturday, 9-10 am. Talk informally with at least two council members on any topic of your choice. Call 303-651-8601.

May 25

Summer Reading Kick-Off Party

Wednesday, May 25, 5:30-8pm

at Sunset Pool, 1900 Longs Peak Ave

Enjoy free admission to Sunset Pool and discover what the Library, Recreation Services, and the community have in store for the summer. Registration is required: call the Longmont Public Library at 303-651-8477.

May 27 Sunset Pool Opens

for the summer season

Friday, 10am-5pm at Sunset Pool,

1900 Longs Peak Ave. 303-651-8300

Kanemoto, Activity Pool Grand Re-Opening

Friday, 12-5pm at 1151 S. Pratt Pkwy. 303-651-6934

Re-Opening Ceremony & Festivities

May 30 Memorial Day

City offices closed. No trash or recycling collection; it will be collected one day later than usual throughout the week.

Check out these reoccurring programs at the Longmont Public Library
409 4th Ave. | Call 303-651-8477 or see page 54 for more information.



Weekday storytimes For Children

Birth to Age 2 | Lap-sit Storytime | Tues & Wed, 10:15-10:45 or 11-11:30 am

An interactive storytime for the very youngest children with short stories, lots of songs, nursery rhymes, and fun for everyone!

Ages 2 & 3 | Toddler-Parent Storytime | Tues & Wed, 10:15-10:45 or 11-11:30 am

Children should be ready to sit and participate with the story reader and must be accompanied by an adult.

Ages 4 to 6 | Preschool Storytime | Tues & Wed, 10:15-10:45 or 11-11:30 am

For children ready to sit by themselves. Parents and caregivers are not required to stay in the story room.

All Ages | Bedtime Storytime | Thursdays, 7-7:30 pm

Stories and songs are presented with a three to six-year-old audience in mind, although everyone is welcome. Wear pajamas if you'd like.

Programs for Adults:

Writers' Group • Tuesdays, 6-7 pm

Group for adult writers at any point in their writing endeavors. No registration required.

¡Hablemos! Let's Talk! • Thursdays, 5:30-6:30 pm

¿Aprendiendo inglés? Learning Spanish? Join this meet-up of language learners practicing their Spanish and English skills. Intermediate & up. No registration required.

Pull Out
and save

2016 Calendar of Events & Happenings

for more information visit LongmontColorado.gov

June - July
2016



June 4 & 5

Longmont Triathlon Weekend

Longmont Recreation Services presents a weekend of triathlons geared to accommodate the elite racers, the very beginner, and everyone in-between at Centennial Pool, 1201 Alpine St. Detailed race information and registration is available at www.LongmontColorado.gov/rec, active.com, or pick up a registration form at any City of Longmont recreation facility. Longmont Triathlon Weekend is proudly brought to you by our Premier Sponsor: Altitude Physical Therapy! Volunteers NEEDED!! To sign up, please call Heather at: 303-774-4718.



12th Annual Longmont Kids Only Triathlon

Swim any way you want, bike on any style bike, and run to your finisher medal at the end of the race! Race course distances are suitable for beginners to experienced racers of all ages and abilities.

Saturday, June 4 – first heat begins at 7:45am

6 to 17 years: Race distances and course vary by age group
Fee: \$30 through May 1/ \$40 begins May 2

5th Annual Longmont Try-a-Tri

A great race for any new triathlete or for folks who enjoy the super-sprint distances!

Saturday, June 4 – first wave will begin around 9:45am, after the Longmont Kids Only Triathlon

17 & Up: 200 yard pool swim, 4.5 mile bike, 2K run
Fee: \$40 through May 1/ \$50 begins May 2

36th Longmont Triathlon

Join us for the longest continuous running triathlon in Colorado History!

Sunday, June 5 – first wave begins at 7am

17 & up: 525 yard pool swim; 12 mile bike; 5K run
Individual: \$60 through May 1/ \$70 begins May 2
Team: \$80 through May 1/ \$90 begins May 2

June 10 Second Friday

Friday, 6-9pm in Downtown Longmont

Downtown Longmont joins galleries and arts organizations with gallery openings, promotions and activities. Visit www.downtownlongmont.com.

June 11 Free Shred Event

Saturday, 9am-2pm at the Waste Diversion Center, 140 Martin St

Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.

June 18 Hard to Recycle Event

Saturday, 9am-1pm at the Waste Diversion Center, 140 Martin St

Designed to help you recycle items that are not allowed in your curbside recycling cart. Items accepted at this event include electronics, computers, televisions, cell phones, white foam block (styrofoam) and many other items. There is a charge for some items. Please check Ecocycle's web site at <http://ecocycle.org/charm> to see a detailed list of items accepted and appropriate fees for certain items, or call the Public Works & Natural Resources Call Center at 303-651-8416.

June 25

Kinetics Solst-ish Festival

Saturday, 11am at Union Reservoir, 0461 Weld County Rd 26

The Kinetics Solst-ish Festival Features:

The Kinetics Sculpture Race, Kids

Recycled Raft Race, Solstice Swim,

Bonfire, Bands, Food, Fun and Sun all

day with the famous sculpture burn to

complete the Festivities at dusk! The

Main Event is the Kinetic Sculpture

Race: A wacky time for amphibious

sculptures ridden and supported by

costumed, crazy people making it an

all-around zany competition. Participate

or come spectate and see this zanniness

with your friends and family. Go to

kineticists.org for more information.

\$10 per car load, \$2 per bike/walker



Coffee with Council

Saturday, 9-10 am. Talk informally with at least two council members on any topic of your choice. Call 303-651-8601.

July 4 *Independence Day*
City offices closed.

July 4 *Longmont
Symphony Concert*
Monday, 11am at Thompson Park, 4th & Brass

July 8 *Second Friday*
Friday, 6-9 pm in Downtown Longmont.
Downtown Longmont joins galleries and arts organizations with gallery openings, promotions and activities. Visit www.downtownlongmont.com.

*Rhythm on the River:
Rhythm Reversed!*

July 8

Roger's River Run 5K: the Greenway GLOW!

Friday, 7:30pm start at the Boston Ave near entrance to the fairgrounds. Run, walk, or dance the 5K all the way to the GLOW after party!

Rhythm on the River

Friday, 5-10pm at Roger's Grove

Friday night concerts on two stages with food and beverage sales. Free shuttle and free parking at the Boulder County Fairgrounds.

July 9

Rhythm on the River

Saturday, 5-10pm at Roger's Grove

Saturday night concerts on two stages with food and beverage sales. Free shuttle and free parking at the Boulder County Fairgrounds.

July 16

Free Shred Event

Saturday, 9am-2pm at the Waste Diversion Center, 140 Martin St

Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.

July 16

Artwalk

Saturday, 6:30-9pm in Downtown Longmont

Free evening of art exhibitions, music, live theatre and children's activities.

July 23

Coffee with Council

Saturday, 9-10 am. Talk informally with at least two council members on any topic of your choice. Call 303-651-8601.

Concerts On the Road Again

Park concerts are On the Road Again in 2016! Bring the kids, bring a picnic, and enjoy four FREE outdoor concerts in neighborhoods throughout Longmont. Alcohol is not allowed. Tuesdays, 6:30-8pm

June 14

The Long Run
at Affolter Park,
1400 Holly Ave

June 28

Quemando
at Lanyon Park,
1900 Collyer St

July 12

Bonnie & The Clydes
at Blue Skies Park,
1520 Mountain Dr

July 26

The Delta Sonics
at Dawson Park,
1757 Harvard St



Museum Summer Concerts Series

Longmont Museum, 400 Quail Rd

FREE concerts held in the Museum's outdoor grassy courtyard. Lawn chairs and picnics are welcome; please leave pets and alcohol at home; alcohol sales available at concerts. Museum galleries will be open.

Thursdays, 6:30-8pm

June 23, June 30, July 7, July 14, & July 21.

2016 Downtown Street Concerts

Beer sales start at 5:45pm; opening act begins at 6pm.

Friday, 6-9pm, 4th & Main St. Visit www.downtownlongmont.com

June 3 **Musketeer Gripweed**, headlining

June 10 **Thunk**, headlining

June 17 **Samples Band**, headlining

July 22 **ColorODans Car Show & Concert.**

Split Lip Rayfield, headlining

Community Nights at SSR

Tuesdays, 5:30-7:30pm at Sandstone Ranch

Visitors & Learning Center, 3001 Sandstone Dr.

Bring a sack dinner, enjoy the scenery & maybe even do a craft. Featured events begin at 6:30pm.

These events are for all ages and, weather permitting, outdoors.

June 21 **Music to Soothe the Soul**

Come listen and be amazed by local musicians as they perform in the serene setting of the Historic Coffin Family homestead.

July 19 **Folklore & Storytelling**

Enjoy "A Pioneer's Life on the Ranch" by storyteller Linda Batlin

August 16 **BEE astounded!**

Learn about the more than 940 types of bees that live in Colorado through discussions, interactive stations and Q&A time with David Julie of the Colorado Native Plant Society.



Chuck & Don's
we make pets happy!
Phillip Ferranti
Meals on Wheels
Art In Public Places

2016 Calendar of Events & Happenings

for more information visit LongmontColorado.gov

Summer
2016

Rhythm on the River

Rhythm on the River: REVERSED

For 20 years, Rhythm on the River shone through the heat of the day. In 2016, Rhythm on the River is reversing to showcase the night at Roger's Grove. Enjoy a new, two evening format that highlights the cool Colorado evenings, music, arts, and the environment. With two stages, a mix of free and fee-based activities for all ages, as well as festival activities catered specifically to adults, we invite you to come to the grove and get YOUR glow on!

Music

Friday Night, July 8

5-10pm Vendors will be selling food, beverages & beer

Grove Stage: **Boogie Machine** and **Funkiphino**

Sunset Stage: **Post Paradise**

Saturday Night, July 9

5-10pm Vendors will be selling food, beverages & beer

Grove Stage: **Last Men on Earth**, **Intuit**, and **White Water Ramble**

Sunset Stage: **The Burroughs**



Food

The best of Longmont's restaurants will present their unique menus both Friday and Saturday evening. Food and beverage items are priced between 1 token (\$1.00 each) to 10 tokens (\$10.00).

5-10pm **Restaurant Row**

5-10pm **Beer Garden at Grove Stage only**

Activities

Family-based activities from 5-8pm, transitioning into adults afterwards.
Fee-based activities (\$) require wrist-band.

Illumination Station: 5-8pm. Illuminate your mind in this new kid friendly area by the Longmont Museum.

Dizzy's Play Place: Bounce houses and more for youth/adults. 5-10pm.

Artful Experience: Drop in and create works of art, 5-9pm, presented by the Longmont Museum & Cultural Center.

Paddleboard/Kayak/Climbing Tower(\$): 5-10pm.

Slackline: Watch national and international competitors! Try your balance on the slackline stands.

The Amphitheatre: 5-8pm. Watch the talents of local dancers, clubs and more!

Roger's River Run 5K: The Greenway GLOW!

Join us in your glow and party apparel to run, walk, or dance the 5K all the way to the GLOW after party at ROTR!

Registration ends at noon, July 6: \$17 adults, \$15 youth/senior. Late registrations accepted on space-available basis with \$5 late fee. Friday night race begins on Boston Avenue at 7:30pm.

Proudly sponsored by **First National Bank of Colorado.**



August 6 Free Landfill Day

Saturday, 6am-2pm at the landfill in Erie

Bring a copy of your current Longmont utility bill in order to have free entry to the event.

August 12 Second Friday

Friday, 6-9pm in Downtown Longmont

Downtown Longmont joins galleries and arts organizations with gallery openings, promotions and activities. Visit www.downtownlongmont.com.

August 13 Free Shred Event

Saturday, 9am-2pm at the Waste Diversion Center, 140 Martin St

Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.



August 16

End of Summer Dog Swim Roosevelt Pool!

Tuesday, 9am-12pm or 4-7pm

at Roosevelt Activity Pool, 903 8th Ave

Bring your socialized dog for swimming and fun! Visit the multiple dog friendly vendors.

\$3 per dog. Recreation passes are not valid.

Look for the Fall Recreation Brochure

coming the week of August 1 with registrations accepted Tuesday, August 9.

Language

Preschool Spanish and Art

In this interactive class kids have fun while learning and getting exposed to the Spanish language. Let's have fun through arts and crafts, games, songs, instruments, storytelling and movement all in Spanish. All levels welcome. Bring a snack and bottle of water. Themes: Fairies and Dragons, Mermaids and Pirates, Princesses and knights and Musical Instruments.

3 to 6 yrs: Jul 5-8, Tue-Fri, 9am-12pm 345350.07
Instructor: Kena Guttridge
Location: Creation Station, 519 4th Ave
Fee: \$150 resident/\$187.50 non-resident

Spanish with Art for Youth

In this interactive class kids will learn and explore the Spanish Language while experiencing and creating art projects, playing games, storytelling and moving. Each day we will have a different theme. Bring a snack and bottle of water. All levels welcome. Themes: Exploring the ocean, The planets, the jungle and amazing Insects.

6 to 11 yrs: May 31-Jun 3, Tue-Fri, 9am-12pm 345359.6A
Instructor: Kena Guttridge
Location: Creation Station, 519 4th Ave
Fee: \$150 resident/\$187.50 non-resident

Tiny Talking Hands Sign Language

Classes are full of laughter and fun while learning basic signs that involve your infant's daily activities. As a hearing Child of Deaf Adults, our instructor's first language was American Sign Language, a native signer! We invite you and your child to come join us in the joy of signing with your child!

Instructor:
Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Sign Language Classes

Learn moods, colors, mealtime, sleep time, and much more!
*NO Class 8/9.

6 to 36mo: May 31-Jul 5, Tue, 5-5:30pm 345452.06
Jul 12-Aug 23*, Tue, 5-5:30pm 345452.07
Fee: \$45 resident/\$56.25 non-resident

Sign Language Workshops

Unlock the thoughts, observations, and wants of your child's mind with the gift of sign language! In this condensed workshop learn signs for mealtime, bedtime, animals, playtime, and more!

6 to 36mo: Jun 7, Tue, 9-10am 345452.6A
Jul 5, Tue, 9-10am 345452.7A
Aug 2, Tue, 9-10am 345452.8A
Fee: \$15 resident/\$18.75 non-resident

Computer Programming

Intro to Computer Programming & Electronics

This introductory camp teaches the basic concepts of computer programming and electronics. \$50 material fee due at the first class.

Instructor: Fungram
Fee: \$225 resident/\$281.25 non-resident

Middle Schoolers wire up a take-home electronic circuit, develop software to control it, and make fun, engaging games with it.

10 to 16 yrs: Jun 13-17, Mon-Fri, 1:30- 4:30pm 346123.06
Location: Creation Station, 519 4th Ave

Grade Schoolers develop software to control an off-the-shelf electronic circuit board and make fun games with it.

9 to 12 yrs: Aug 1- 5, Mon-Fri, 1:15- 4:15pm 346122.08
Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Crafty with Minecraft!

This camp dives into the exciting world of Minecraft and explores the possibilities of enhancing and customizing the Minecraft experience for young gamers. Harnessing children's passion for computer gaming and turning it into a creative endeavor, this camp teaches computer programming in a fun environment. \$25 materials fee due at the first class.

9 to 13 yrs: Jul 18-22, Mon-Fri, 1:15- 4:15pm 346124.07
Instructor: Fungram
Location: St Vrain Mem Bldg, 700 Longs Peak Ave
Fee: \$225 resident/\$281.25 non-resident



Space

SpaceTime - Cruising the Cosmos

Journey through our solar system and beyond to explore the many mysteries of outer space. It's a hands-on & minds-on adventure through some of the most amazing mysteries of space including visiting worlds in our solar system that may harbor life, testing our their skills a crafting interplanetary spacecraft & landers and exploring the challenges of interstellar travel.

5 to 12 yrs: Jun 13-17
Half Day: Mon-Fri, 9am-12pm 346553.06
Fee: \$130 resident/\$162 non-resident
Full Day: Mon-Fri, 9am-4pm 346553.6B
Fee: \$200 resident/\$252 non-resident
Instructor: Space Time Kids Inc
Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Spacetime: Space Chase

Space Chase workshop is a hands-on, minds-on outer space adventure where kids get to work individually and in teams to try and track down an alien mad scientist determined to turn off the Sun. It's non-stop fun and learning as they test out their spaceship and rover piloting skills, go hands-on for some out-of-this-world classroom space science experiments and put on their space detective hats to try and figure out how to catch this crafty extraterrestrial.

5 to 12 yrs: Jun 11, Sat, 10am-12pm 346555.07
Jul 23, Sat, 10am-12pm 346555.6A
Instructor: Space Time Kids Inc
Location: St Vrain Mem Bldg, 700 Longs Peak Ave
Fee: \$22 resident/\$27.50 non-resident

Science and Technology - Legos:

Pre-Engineering LEGO

Let your imagination run wild with tens of thousands of LEGOS®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.



5 to 6 yrs: Jun 6-10, Mon-Fri, 9am-12pm 346192.06
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

Engineering FUNDamentals

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battltrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

7 to 12 yrs: Jun 6-10, Mon-Fri, 1-4pm 346195.06
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

Pre-engineering: Mine, Craft, Build

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities.

5 to 6 yrs: Jul 25-29, Mon-Fri, 9am-12pm 346194.07
 7 to 12 yrs: Jul 25-29, Mon-Fri, 1-4pm 346194.7A
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

JediCraft Adventure

Mine, craft, and build the Star Wars universe using LEGO! Roll the dice to gather Jedi resources. Then build a Pod Racer, craft a Droid, or create the Treehouse Village of Endor! This novice Play-Well LEGO game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

5 to 6 yrs: Jun 20-24, Mon-Fri, 9am-12pm 346193.06
 7 to 12 yrs: Jun 20-24, Mon-Fri, 1-4pm 346193.6A
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

Robo Wedo

Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors.

7 to 8 yrs: Jul 11-15, Mon-Fri, 9am-12pm 346189.07
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$215 resident/\$268.75 non-resident

Robotics using LEGO EV3

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

9 to 13 yrs: Jul 11-15, Mon-Fri, 1-4pm 346190.07
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$215 resident/\$268.75 non-resident

Art and Architecture

Explore great works of art and architecture through LEGO! Collaborate in small groups to build grand structures such as the Parthenon in Greece, the Notre Dame Cathedral in Paris, the tree houses of Papua New Guinea, and New York's Empire State Building.

5 to 6 yrs: Aug 8-12, Mon-Fri, 9am-12pm 346191.08
 7 to 12 yrs: Aug 8-12, Mon-Fri, 1-4pm 346191.8A
 Instructor: Play-Well TEKologies
 Location: Creation Station, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

Science

Little Medical School

Kids love to dress up and play doctor! Using interactive demonstrations, role-playing, crafts and games, kids learn how the body and organs work and how to use instruments that real doctors use. Children are awarded a graduation diploma at the end of the program and get to take home a real medical stethoscope! There is a \$20 materials fee due at the first class.

6 to 11 yrs: May 31-Jun 3, Tue-Fri, 1-4pm 346561.06
 Fee: \$189 resident/\$236 non-resident
 6 to 11 yrs: Jul 18-22, Mon-Fri, 9am-12pm 346561.07
 Fee: \$229 resident/\$286 non-resident
 Instructor: Mind of a Child
 Location: Creation Station, 519 4th Ave

Little Medical School

This is the popular mini version of our Little Medical School Program combined in a fun-filled 3 hour session Topics include: What's In the Doctors Bag?, All About the Brain!, and Is There a Surgeon in the House? \$10 materials fee due at the first class.

6 to 11 yrs: Jun 27, Mon, 1-4pm 346562.06
 Instructor: Mind of a Child
 Location: Creation Station, 519 4th Ave
 Fee: \$45 resident/\$56.25 non-resident



Pottery Classes

Dabble Painting

Summertime painting fun at Dabble! Students follow an entertaining professional artist step by step to complete a featured painting as they make it their own.

7 to 15 yrs:	Jul 7, Thurs, 10am-12pm	346370.7A
	Jul 12, Tue, 10am-12pm	346370.7B
	Jul 19, Tue, 10am-12pm	346370.7C
	Jul 28, Thurs, 10am-12pm	346370.7D
	Aug 2, Tue, 10am-12pm	346370.8A
	Aug 4, Thurs, 10am-12pm	346370.8B
Location:	Dabble Paint and Sip, 2330 Main Street, Unit E	
Fee:	\$25 resident/\$31.25 non-resident	



Crackpots Creativity

Who says you can't try it all? Enjoy a fun-filled week of clay hand-building, glass fusing, mosaics, ceramic painting, and more! Our projects each week are guided by a theme with a different set of masterpieces that you can be proud to display or give as gifts. A materials fee of \$75.78 (tax included) is due prior to the first class.

6 to 14 yrs:	Jun 13-17, Mon-Fri, 9-11am	346414.06
	Jun 20-24, Mon-Fri, 9-11am	346410.06
	Jun 27-Jul 1, Mon-Fri, 9-11am	346411.06
	Jul 18-22, Mon-Fri, 9-11am	346413.07
	Jul 25-29, Mon-Fri, 9-11am	346410.07
	Aug 1-5, Mon-Fri, 9-11am	346411.07
Location:	Crackpots Studios, 505 Main St	
Fee:	\$55 resident/\$68.75 non-resident	

Crackpots - Do the Dishes

Create a unique ceramic place setting! Each day paint a new piece of their set, including a dinner plate, salad plate, soup/cereal bowl, mug and ice cream bowl. All pieces are glazed, fired and ready for pick up one week from the last day of class. A materials fee of \$75.78 (tax included) is due prior to the first class.

6 to 14 yrs:	Aug 8-12, Mon-Fri, 9-11am	346412.08
Location:	Crackpots Studios, 505 Main St	
Fee:	\$55.00 resident/\$68.75 non-resident	

Mad Science: Engineering Academy

Shapes, structures, designs will all be explored during this camp as a junior architect. We will study tension and compression, learn about arches, bridges and domes. Machine Mania introduces us to basic machines that help us with our everyday lives. Levers, pulley's, hydraulics and pneumatics are all part of this week. Basic electronics start the day followed with practical applications of electricity in circuits and motion.

6 to 12 yrs:	Aug 1-5, Mon-Fri, 9am-12pm	346505.H
Fee:	\$199 resident/\$249 non-resident	
	Aug 1-5, Mon-Fri, 9am-4pm	346505.F
Fee:	\$289 resident/\$361 non-resident	
Instructor:	Mad Science of Colorado	
Location:	Creation Station, 519 4th Ave	

History and Culture

Pioneer for a Day

Ever wonder how those first settlers came to Colorado? What was it like when they go here? Children are introduced to daily life in Colorado 150 years ago. Learn the art of woodworking, candle making, sewing, hearth cooking and more. As we walk in the young settler's shoes. Please send sunscreen a water bottle and snack with your camper. We will be outdoors.

5 to 11 yrs:	Jun 6-9, Mon-Thurs, 9am-12pm	306904.06
Instructor:	Thinking Cap	
Location:	Sandstone Ranch, 3001 E Hwy 119	
Fee:	\$80 resident/\$100 non-resident	

Around the World

Pack your imaginary bags and travel around the world. Explore cultures through games, language, crafts, food, music and more. Please pay a \$10 material fee to instructor for each session. Buy two classes and stay for lunch. Register for "Around The World" and "Girls Through History", bring a sack lunch and stay from 12:00 - 12:30 to eat, finish up crafts and visit for no extra charge.

6 to 13 yrs:		
France	Jun 1, Wed, 10am-12pm	346459.06
England	Jun 15, Wed, 10am-12pm	346459.6A
Africa	Jun 30, Thurs, 10am-12pm	346459.6B
Japan	Jul 14, Thurs, 10am-12pm	346459.07
Mexico	Aug 4, Thurs, 10am-12pm	346459.08
Instructor:	Shanaine Hendrix	
Location:	Sandstone Ranch, 3001 E Hwy 119	
Fee:	\$15 resident/\$18.75 non-resident	

Girls Through History

Travel through history with the American Girl books and characters. Each class is packed full of period crafts, food, music and games. Bring your doll if she is looking for adventure! \$10 materials fee due to instructor each session.

6 to 13 yrs:	12:30- 2:30pm	
Julie 1974	Jun 1, Wed	346458.06
M. Ellen 1954	Jun 15, Wed	346458.6A
Molly 1944	Jun 30, Thurs	346458.6B
Felicity 1774	Jul 14, Thurs	346458.07
Samantha 1904	Aug 4, Thurs	346458.08
Instructor:	Shanaine Hendrix	
Location:	Sandstone Ranch, 3001 E Hwy 119	
Fee:	\$15 resident/\$18.75 non-resident + materials fee	

Looking for more Preschool/Youth/Teen programs?

Check out:

PreK Sports - page 18

P.E. Me - Fitness & Sport - page 20

Slackline Fitness for Youth - page 22

SNAG Golf - page 48

Cooking

Great American Cook-off

A little gardening here, a little cooking there, and your child will gain experience in organic farming as well as how to prepare different types of vegetables. Don't worry: There's plenty of time for games, hikes, and arts and crafts, too. Sample Menu: One-bite salsa, vegetable campenadas, balsamic and herb salad dressings and dips, cucumber salad with miso vinaigrette basil and lemon whipped cream and berries and more.

5 to 11 yrs: Jun 20-23, Mon-Thurs, 9am-12pm 306701.06
Instructor: Thinking Cap
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$80 resident/\$100 non-resident

Cooking Ollin Farms

This is a hands-on class, kids will have fun while learning, experimenting and cooking with seasonal local vegetables, fruits and other healthy options. Kids will learn the importance of having 5 colors on your plate and understand the meaning of nutrient dense vegetables. Let's have fun with veggies!

5 to 10 yrs: Jul 15, Fri, 11:15am-12:15pm 346176.7A
Jul 22, Fri, 11:15-12:15pm 346176.7B
Jul 29, Fri, 11:15-12:15pm 346176.7C

Instructor: Kena Guttridge
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$20 resident/\$25 non-resident

Thai Cooking for Kids

Treat your child to 5 hours of fun activities and learning how to prepare simple Thai meals. Each class features a starter, main dish and dessert for the students to prepare and eat. Drinks and snacks also served. Menu details available online.

7 to 17 yrs: Wed, 9am-2pm
Dates: Jun 1: Curry Class 346150.6A
Jun 29: Noodle Class 346150.6B
Jul 20: Rice Class 346150.07
Aug 3: Pan Fried Class 346150.08

Instructor: Veraya Connors
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$45 resident/\$56.25 non-resident
+ \$10 materials fee payable to instructor

Parent & Child Thai Cooking

The parent/child version of Thai Cooking for Kids is a condensed version of the classes for older kids, but prepared especially for younger children with parents. Menu details available online.

4 to 6 yrs: Wed, 9am-12pm
Dates: Jun 15: Curry Class 345480.06
Jul 6: Noodle Class 345480.7A
Jul 27: Rice Class 345480.7B
Aug 10: Pan Fried Class 345480.08

Instructor: Veraya Connors
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$45 resident/\$56.25 non-resident
+ \$10 materials fee payable to instructor

Art Classes:

Fairy Princess Camp

Fairy camp is here to explore the world of Fairy's. Participants will make crowns, wands, jewelry boxes, a fairy garden and fairy wings! Come create great art, play, dance, and have a story.

2½ to 7 yrs: Jun 13-17, Mon-Fri, 9:30am-12pm 345460.06
Instructor: Harmony Larke
Location: Creation Station, 519 4th Ave
Fee: \$145 resident/\$181 non-resident

Animal Madness

This a great drop off camp for your little animal lover. Each day we will make three art projects, read books, and pretend we are animals as we dance to music. Our daily themes: pets, wild animals, ocean animals, and dino's.

2 to 5 yrs: Jun 27-30, Mon-Thurs, 9-11:30am 345461.08
Instructor: Harmony Larke
Location: Creation Station, 519 4th Ave
Fee: \$100 resident/\$125 non-resident

Star Wars Art Camp

In this art camp you will learn the Jedi way and how to use your powers and the Force to bring peace to the galaxy, but watch out some will turn and go to the dark side! Build your own spaceship, lightsaber, mask, and robot friends. Participants will be working with a large range on materials and mediums. Come play, dress up, and create three art projects to take home.

4 to 9 yrs: Jul 18-21, Mon-Thurs, 2-4pm 345462.07
Instructor: Harmony Larke
Location: Creation Station, 519 4th Ave
Fee: \$135 resident/\$168.75 non-resident

American Girls Art Camp

Get your doll ready for back to school! Make a purse satchel for your doll. American Doll size pencils and note books, and a matching set for you, so you to will be ready for back to school. Bring sack lunch and doll.

5 to 10 yrs: Aug 6, Sat, 10am-1pm 345463.08
Instructor: Harmony Larke
Location: Creation Station, 519 4th Ave
Fee: \$35 resident/\$43.75 non-resident

Cartooning Extraordinaire

Explore the world of cartooning and graphic novels! Learn the basics of cartooning, animation and basic drawing skills. We will be creating fantastic one-panel and sequential cartoons. Sketch books provided. \$10 materials fee due at the first class.

7 to 14 yrs: Jul 18-22, Mon-Fri, 1-3:30pm 346357.07
Instructor: Kristen Pincus
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$119 resident/\$148.75 non-resident

Fashion Runway

Explore the world of fashion, runway and design. Students will have the opportunity to create fashion designs and participate in a dynamic runway show facilitated by an veteran runway model. Sketch book is provided to draw designs that will be incorporated into the show.

7 to 13 yrs: Jun 27-Jul 1, Mon-Fri, 1-3:30pm 346358.06
Instructor: Kristen Pincus
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$119 resident/\$148.75 non-resident

Theatre and Creative Pursuits

Guitar for Teens

Bring your acoustic guitar and get ready to play. This class is geared towards the absolute beginner and will start with the basics. Learn how to tune the guitar, play basic chords, and accompaniment patterns in a fun, relaxed group setting.



12 to 17 yrs: Jun 23-Jul 28, Thurs, 7:30-8:30pm 346300.A
Instructor: Mike Tolle
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$48 resident/\$60 non-resident
+ \$10 materials fee

Wild About Fiber!

Enjoy a fun-filled, hands on camp all about working with fiber. Each day features a different main activity, including working with raw animal fibers and yarn to create their own masterpieces. Camp includes wet felting, needle felting, weaving and finger knitting. Fee includes all materials and a Longmont Yarn Shoppe Canvas Bag. Bring a sack lunch and water bottle.

6 to 10 yrs: Jun 7-9, Tue-Thurs, 9am-1pm 346474.06
Jun 28-30, Tue-Thurs, 9am-1pm 346474.07
Location: Longmont Yarn Shoppe, 454 Main St
Fee: \$149 resident/\$186.25 non-resident

Performing Arts

For serious and recreational actors, brand new or experienced with acting.

Location: Jesters Theatre, 224 Main St

Royal Rousers Theatre

Nothing but theatre games and improvisation. A terrific way to initiate children to the stage!

4 to 10 yrs: Jun 11-Jul 16, Sat, 11am-12pm 346350.06
Fee: \$65 resident/\$81 non-resident

Jesters Crown's Character

This class emphasizes acting technique, focusing on spontaneity, creativity, improvisation, and honesty. A liberating class-sure to free the actor within.

10 to 17 yrs: Jun 14-Jul 19, Tue, 5- 6pm 346359.6A
Fee: \$65 resident/\$81 non-resident

Royal Troubadours Musicals

Must be able to attend all performances to enroll in the class. For show descriptions, go to www.jesterstheatre.com.

5 to 19 yrs: Mon/Wed/Fri, 9:30am-12pm
Narnia Jun 6-24 346380.06
Aladdin Jun 27-Jul 15 346380.6A
The Secret Garden Jul 25-Aug 12 346380.7A
Fee: \$250 resident/\$312.50 non-resident

Royal Trouveres Play

Must be able to attend all performances to enroll in the class. For show descriptions, go to www.jesterstheatre.com.

5 to 19 yrs: Tue/Thurs, 9am-12pm
Charlie and the Chocolate Factory May 31-Jun 16 346381.05
Anne of Green Gables Jun 21-Jul 7 346381.06
The Hobbit Jul 26-Aug 11 346381.7A
Fee: \$200 resident/\$250 non-resident

I Can Knit

Nothing satisfies like the pleasure of making something! Knitting is portable, fun, relaxing and provides a sense of accomplishment! Your child will learn to knit and complete a project of their choosing. Fees include all materials and a Longmont Yarn Shoppe Canvas Bag. Bring a snack and water bottle.



8 to 12 yrs: May 31 & Jun 2, Tue & Thurs, 10am-1pm 346475.06
Jul 5 & 7, Tue & Thurs, 10am- 1pm 346475.07
Location: Longmont Yarn Shoppe, 454 Main St
Fee: \$65 resident/\$81.25 non-resident

Crochet for Kids

Kids will receive instructions and lessons on how to crochet fun, easy projects such as lanyards, book marks, wrist bands and headbands. Sign up for one class or all 4 - new students will start with the basics, while returning students build on previously learned skills.



6 to 13 yrs: Jun 10, Fri, 9-11am 346480.6A
Jun 24, Fri, 9-11am 346480.6B
Jul 8, Fri, 9-11am 346480.7A
Jul 29, Fri, 9-11am 346480.7B
Instructor: Debby Telfer
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident
+ \$10 materials fee

Small Wonders Preschool

Now enrolling for 2016-17!

Licensed by the State of Colorado, Small Wonders Preschool programs are designed to help each child develop to his/her fullest... socially, emotionally, physically, creatively and cognitively. For more information or to schedule a visit before May 1, call 303-651-8404.



Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fun Time Escapes

Children learn through play while getting an introduction to basic preschool concepts and skills.

Ages: 3 years old by Sept 30, 2016
Dates: Aug 29, 2016, to May 17, 2017
Days: Mon & Wed, or Tue & Thurs, 9-11:30am
Fee: \$140/month res & \$175/month non-res

Little Learners - New format!

A class for 4 to 5 year olds. A great choice for those young preschoolers who are turning 5 years old but would benefit by another year of preschool before starting Kindergarten.

Ages: 4 years old by Sept 30, 2016
Dates: Aug 29, 2016, to May 18, 2017
Days: Mon-Thurs, 12:15-2:45pm
Fee: \$245/month res & \$311/month non-res

Superstar Gymnastics

Superstar Gymnastics knows all kids are SUPERSTARS who love to learn and be fit while they:

- Learn gymnastics skills
- Develop coordination and flexibility
- Develop strength and skills to enhance other sports
- Learn to play rhythmic instruments
- Enjoy a new themed lesson plan each week
- Gain self-esteem & confidence

For kids 1-6 years, each class is 35 minutes. One child per adult in the parent/child classes. All classes held at the St Vrain Memorial Building, 700 Longs Peak Ave.

Superstar Tot

Enjoy one-on-one time with your child while they learn basic tumbling skills on the mats, trampoline, bars, beam and vaulting board. We will be improving coordination, strength, and flexibility through parachute games, obstacle courses, rhythmic streamers, music and more!

Superstar 3 & 4

Develop basic gymnastics skills while having fun. Hop, run and trot through the obstacles course. Trampoline, balance beam, bars, vaulting and mat work will increase body awareness, coordination and strength. Children will use rhythmic streamers, hoops, bean bags, parachute and music in this fun class. For kids 3 - 4 years old.



Superstar 5 & 6

Beginning gymnastics skills are taught while developing strength, balance and flexibility. Fundamental skills will be taught on bars, balance beam, trampoline, vaulting board and mats. Fun props and music are used in this fast paced and fun filled class. Ages 5 & 6 year old.

Advanced 3 & 4; Advanced 5 & 6: Advanced classes by permission only, not available to register online.

Fee: \$30 res/\$37.50 nr		June	July	August
*3wk Fee: \$22.50 res/ \$28 nr				
Mondays	Times	6/6-6/27	7/11-7/18*	8/1-8/29†
Superstar Tot	9:30-10:05am	n/a	345152.07	n/a
Superstar 3/4	10:15-10:50pm	n/a	345175.07	n/a
Superstar 5/6	11:00-11:35am	n/a	345188.7A	n/a
Superstar Tot	4:45-5:20pm	345161.06	345161.07	345161.08
Superstar 5/6	5:30-6:05pm	345180.06	345180.07	345180.08
Superstar 3/4	6:15-6:50pm	345171.06	345171.07	345171.08
Wednesdays	Times	6/8-6/29	7/6-7/27	8/3-8/31†
Superstar ADV 5/6	4:45-5:20pm	345188.06	345188.07	345188.08
Superstar 3/4	5:30-6:05pm	345173.06	345173.07	345173.08
Superstar Tot	6:15-6:50pm	345164.06	345164.07	345164.08
Thursdays	Times	6/9-6/30	7/7-7/28	8/4-9/1†
Superstar ADV 3/4	4:45-5:20pm	345177.06	345177.07	345177.08
Superstar 3/4	5:30-6:05pm	345174.06	345174.07	345174.08
Superstar 5/6	6:15-6:50pm	345182.06	345182.07	345182.08

*Morning classes offered only in the month of July

† No class the week of 8/8

ADV= Advanced Classes by permission only, must register in person/phone



Superstar Gymnastic Camp

Work on improving gymnastics skills while having fun! Develop strength, flexibility, and coordination! We focus on perfecting our floor skills, balance beam, vaulting, bar skills, trampoline and more!

5 to 7 yrs: Jun 28-30, Tue-Thurs, 10am-12pm 345250.06
Jul 12-14, Tue-Thurs, 10am-12pm 345250.7A
Instructor: Superstar Gymnastics
Location: St Vrain Mem Bldg, 700 Longs Peak Ave
Fee: \$82 resident/\$102.50 non-resident

Longmont Summer Day Camp

Longmont Recreation Services offers state-licensed summer day care for youth ages 5* to 13 (*5 year olds must have completed kindergarten). With a single family registration fee, youth are able to attend either camp as their age allows. Once registered, enrolling for the Longmont Summer Day Camp and Tween LOCO camp is as easy as selecting the days you are interested in. Enroll early knowing that you will be able to change dates until May 1 without a \$5 change fee assessed per date. No sure when you will need days? You can enroll as you go: daily registrations are accepted on a space available basis until 4pm the day before.

Please note: as state-licensed programs, a completed enrollment packet (including immunization record, photo, height and weight) is required PRIOR to attendance. Save money and register prior to May 1. For all forms and other detailed information such as weekly themes and daily activities, see www.LongmontColorado.gov/rec.

Registration Fee:

Thru Apr 30: \$50 resident / \$65.50 non-res family
After Apr 30: \$60 resident/ \$75 non-res family

Longmont Summer Day Camp

Activity-based traditional summer camp with swimming twice a week, weekly field trips to various parks throughout Longmont, and optional add-on enrichment activities available for an additional fee. Open registration begins February 1.

Ages 5* to 13: May 31-June 3 & Aug 1-5, M-F, 7am-6pm
Ages 5* to 10: June 6-Jul 29, Mon-Fri, 7am-6pm
Daily Fee: \$35 resident/ \$43.75 non-resident
Weekly Fee (5 days x \$35/day) = \$175 resident/ \$218.75 non-resident

Tween LOCO

Experiential-based summer camp utilizing local opportunities and camper input. **Wrap around care before/after is available. Open registration begins February 1.

Ages 11 to 13: June 6-Jul 29, Mon-Fri, 9am-4pm**
Daily Fee: \$40 resident/ \$50 non-resident
Weekly Fee (5 days x \$40/day) = \$200 resident/ \$250 non-resident.

Dance Dimensions

Dance Dimensions has a policy of allowing visitors to observe at the first and last class only. For ballet classes, ballet shoes and appropriate attire is needed for class: please no satin ballet shoes from discount stores, as they do not fit properly. For tap classes, no Highlight or Dancetime shoes or discount store shoes will be allowed due to poor fit and soft metal residue. For further clarification, please call Dance Dimensions at 303-772-3750.

Location: Dance Dimensions, 638 Main St (unless otherwise indicated)

Tiny Tutus

This class is a wonderful introductory dance experience for the very young student. Creative movement and basic technique will provide confidence, coordination, strength and fun!

3 yrs:	Jun 1-Jul 27, Wed, 9-9:45am	344500.W
	Jun 3-Jul 29, Fri, 9-9:45am	344500.F
Fee:	\$95 resident/\$118.75 non-resident	

Pre-Ballet & Tap

A fun class for the child whose feet are always moving. This class will introduce students to the basic techniques of tap and ballet, as well as rhythm and coordination.

4 to 5 yrs:	Jun 3-Jul 29, Fri, 9:45-10:30am	344501.F
	Jun 1-Jul 27, Wed, 9:45-10:30am	344501.W
Fee:	\$95 resident/\$118.75 non-resident	

Pre-Ballet & Tumbling

A highly recommended, energetic class for the beginning of dance technique for the young student. Basic tumbling, ballet technique and creative movement will be the emphasis of this class.



4 to 5 yrs:	Jun 3-Jul 29, Fri, 10:30-11:15am	344502.F
Fee:	\$95 resident/\$118.75 non-resident	

Lil Dancing Dynamites

Do you have a little one that LOVES music and can't sit still when they hear the rhythm? This is the class for them! Come enjoy this high energy, introduction to different styles of music and dance, including ballet jazz and hip hop.

4 to 6 yrs:	Jun 14-Aug 2, Tue, 5:30-6:30pm	344520.A
Fee:	\$104 resident/\$130 non-resident	

Pee Wee Hip Hop

This class is the perfect one for those energetic young dancers who love to move. A fun and easy paced experience! Boys are especially welcome! Inexpensive white soled tennis shoes not worn on the street are required.

6 to 8 yrs:	Jun 3-Jul 29, Fri, 10-10:45am	344600.A
Fee:	\$95 resident/\$118.75 non-resident	

Hip Hop

A fun class to learn the latest moves in hip hop. If you love to move, this is the class for you. Please wear inexpensive tennis shoes that have not been worn on the street. Boys especially welcome!

9 to 12 yrs:	Jun 3-Jul 29, Fri, 10:45-11:45am	344601.A
Fee:	\$108 resident/\$135 non-resident	

Beginning Ballet

A wonderful class for learning basic ballet positions, terminology and a foundation for posture, strength and flexibility.



6 to 8 yrs:	Jun 3-Jul 29, Fri, 11:30am-12:15pm	344620.A
Fee:	\$95 resident/\$118.75 non-resident	

Beginning Tap

A fun class to develop rhythm and coordination. This class will teach basic tap technique and rhythm.

6 to 8 yrs:	Jun 15-Jul 27, Wed, 4:15-5pm	344622.A
Fee:	\$74 resident/\$92.50 non-resident	

9 to 12 yrs:	Jun 15-Jul 27, Wed, 5-6pm	344622.B
Fee:	\$95 resident/\$118.75 non-resident	

Magical Princess Dance Camp

Your favorite Disney Princesses will be introduced in this fun-filled four day camp. Each day includes ballet, crafts, story time or watching a movie, freeze dance, creative movement and choreography. Princes are welcome—please let Dance Dimensions know, so they can organize some Princely crafts and choreography. Performance for family and friends is 11:30am on June 29. T-shirt is included for youth who enroll in all four dates.



4 to 6 yrs:	Jun 20-29, Mon & Wed, 10am-12pm	344503.A
Fee:	\$98 resident/\$122.50 non-resident	

Cinderella Camp	Jun 20	344504.A1
Little Mermaid Camp	Jun 22	344505.A2
Rapunzel Camp	Jun 27	344506.A3
Snow White Camp	Jun 29	344507.A4
Fee:	\$40 resident/\$50 non-resident	

Minion Dance Camp

Everyone loves the adorable Minions! Come and reconnect with your favorite Minion in a fun camp, filled with dance and crafts. Boys are welcome! T-shirts are included in this camp! Register by June 3, for preparation time to make this an awesome experience!

4 to 6 yrs:	Jun 18 & 25, Sat, 10am-12pm	344509.A
Fee:	\$75 resident/\$93.75 non-resident	

American Girl Doll Dance Camp

Bring your favorite doll and enjoy a summer dance camp perfect for a doll-loving girl! We will focus on ballet with some jazz and hip hop mixed in for fun! Dancers bring their doll each day to camp and come home with handmade crafts for their doll. Each doll and dancer receives matching tutus!

7 to 10 yrs:	Jun 21-23, Tue & Thurs, 10am-12pm	344631.A
Fee:	\$75 resident/\$93.75 non-resident	

Longmont Dance Theatre Academy Classes

Appropriate apparel must be worn to every class—requirements available online or at registration. Questions, please call Longmont Dance Theatre Academy, 303-772-1335

Location: Longmont Dance Theatre Academy, 1422 Nelson Rd

Tutu Terrific & Time Step Tappers

The joy and physical benefit of a dance class is fostered during this combination Ballet and Tap class. Imagination and story-telling through dance is emphasized using guided, creative and age-appropriate movement.

3 to 5 yrs: Jun 16-Jul 21, Thurs, 4:30-5:30pm 344510.6B
Jun 14-Jul 19, Tue, 4:30-5:30pm 344510.6A
Fee: \$92 resident/\$115 non-resident

Ice Princess Dance Camp

Join us in the creation of our very own ice princess fairy tale! This camp includes 1-hour of ballet instruction, plus participants will enjoy story-themed crafts and performing in a one-of-a-kind performance at the end of the camp.

5 to 8 yrs: Jun 13-22, Mon & Wed, 1:30-4pm 344612.A
Fee: \$120 resident/\$150 non-resident

Superhero Dance Camp

Enjoy an atmosphere of high energy movement with activities for physical coordination and to expand imaginations. Students will discover their own superhero identities, enjoy themed-crafts, and show off their new emotional, mental and physical powers in a performance at the end of camp. **NO Class: 07/01, 07/04*

5 to 8 yrs: Jun 27-Jul 8, Mon, Wed & Fri, 1:30-4pm 344610.A
Fee: \$120 resident/\$150 non-resident

Peter Pan Dance Camp

Join us in the creation of our very own version of the classic Peter Pan story! This camp includes 1-hour of ballet instruction; plus participants will enjoy story-themed crafts and producing a one-of-a-kind performance at the end of the camp.

5 to 8 yrs: Jul 11-20, Mon & Wed, 1:30-4pm 344611.A
Fee: \$120 resident/\$150 non-resident

Super Hero Movement

During this high energy movement class, games that test physical coordination and expand imagination allow boys and girls to discover their own Super Hero identity. Students will move safely and with respect as they explore their emotional, mental and physical powers.

6 to 10 yrs: Jun 14-Jul 19, Tue, 5:30-6:30pm 344613.A
Fee: \$92 resident/\$115 non-resident

Aerial Dance

This basic aerial technique class combines aerial, visual and circus arts with theater and dance for an exhilarating experience. Climbs, foot-wraps, knee-hooks and inversions condition, challenge and engage every muscle in the body.

6 to 10 yrs: Jun 15-Jul 20, Wed, 4:30-5:30pm 344614.06
11 to 18 yrs: Jun 15-Jul 20, Wed, 5:30-6:30pm 344615.06
Fee: \$92 resident/\$115 non-resident

Ballet Dance Class

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the fundamentals of ballet training.

6 to 8 yrs: Jun 14-Jul 19, Tue, 5:30-6:30pm 344616.6A
Jun 16-Jul 21, Thurs, 5:30-6:30pm 344616.6B
Fee: \$92 resident/\$115 non-resident

Tap & Jazz Combination

Have fun with variety of movement in this tap & jazz combination class! Students will enjoy the basics of technical tap training as well as the rhythmic, fun styles of jazz. **NO CLASS 7/04*

7 to 11 yrs: Jun 13-Jul 18*, Mon, 4:30-5:30pm 344617.06
Fee: \$92 resident/\$115 non-resident



Nature Camps

Sandstone Exploration

Enter the magical world of Sandstone Ranch: hundreds of acres to explore with a variety of activities that revolve around the local mammals, riparian system and vegetation. The perfect camp for the free-spirit to run around outside and enjoy life's beauty.

5 to 10 yrs: Jun 20, Mon, 1-4pm 305941.06
Fee: \$25 resident/\$31.25 non-resident
6 to 10 yrs: Jul 25-27, Mon-Wed, 9am-12pm 305941.07
Fee: \$100 resident/\$125 non-resident
Location: Sandstone Ranch, 3001 E Hwy 119

Young Naturalists

Come explore the many habitats at The Ranch from Colorado's prairies, mountains and wetlands! Nature crafts, special projects, and art are included! Campers will create individual field guides to identify local plants and shrubs.

5 to 11 yrs: Jul 18-21, Mon-Thurs, 9am-12pm 306702.07
Instructor: Thinking Cap
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$80 resident/\$100 non-resident

Rocks Rock!

Is your child a rock hound?

"A true rock hound doesn't have rocks in their head... just LOTS of rocks in their back yard." Learn about the different layers of Earth, how to grow their own crystals, create a geode and more. By the end of the week, children will be able to identify igneous, sedimentary, and metamorphic rocks, understand why volcanoes erupt and earthquakes occur, and understand the rock cycle. Lots of fun hands on activities, yes you may get a little dirty. Please send a water bottle and snack with your campers.

5 to 11 yrs: Jun 13-16, Mon-Thurs, 9am-12pm 306902.06
Instructor: Thinking Cap
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$80 resident/\$100 non-resident



Youth Bike Classes

Ped Power to School

What does it take to ride your bike/walk to school? Map out the best (safest) route by bike, foot or scooter; lock up effectively; fuel your bike and body. Classroom only; no bikes required.

9 to 15 yrs: Aug 3, Wed, 9am-11am 326033.1
Location: Stephen Day Park, East shelter

9 to 15 yrs: Aug 12, Fri, 9am-11am 326033.2
Location: Blue Skies Park, West shelter
Fee: \$10 resident/\$12.50 non-resident

Safe Routes to School

Prepare to return to school and ride/walk all year long with the safest route; where/how to commute with your child for maximum safety and FUN! Includes: routing, bike/helmet checks, overcoming challenges, and MORE! Parents/guardians attend with child(ren).

5 to 10 yrs: Aug 3, Wed, 11:30am-1:30pm 326032.1
Location: Stephen Day Park, East shelter

5 to 10 yrs: Aug 12, Fri, 11:30-1:30pm 326032.2
Location: Blue Skies Park, West shelter
Family Fee: \$15 resident/ \$18.75 non-resident



Adventure Bike Camp

Have fun while improving bike handling skills and learning the Rules of the Road! Learn the pre-ride ABC Hand Check, how to repair a flat tire, and how to ride with traffic on residential streets and on the greenway system. A bicycle safety check, performed by a bike shop before the camp, and CPSC approved bike helmets are required.

8 to 11 yrs: Jun 6-10, Mon-Fri, 9am-12pm 326014.1
Aug 1-5, Mon-Fri, 9am-12pm 326014.2

Instructor: Buzz Feldman, LCI –Certified Bicycle Safety
Location: Roosevelt Park Pavilion, 785 8th Ave
Fee: \$80 resident /\$100 non-resident

Kids Triathlon- GEAR UP!

Put your mind at ease and prepare your racer for riding the streets during the Longmont Kids Only Triathlon. Youth will learn bicycle safety, race preparations, how to maneuver around corners, conquer hills, and breaking.

6 to 10 yrs: Jun 3, Fri, 4-5:30pm 326026.1
Location: Centennial Pool parking lot, 1201 Alpine St.
Fee: \$12 resident/15 non-resident

Bike Rodeo

Bring the bikes out! Try your abilities with various skills and drills to learn and increase safety skills. Learn to ride with others, while in traffic, or along the greenway. Bring your bike and wear a helmet. There will be goody bags!

4 to 10 yrs: Jul 18, Mon, 9-12pm 326031.1
Location: Izaak Walton Clubhouse, 18 S. Sunset St.
Fee: FREE - please pre-register

Adult Bike Classes

Biking for the “re” Beginner

No fancy bikes or lycra required! Two hours of classroom time + two hours “on the road”, to get the “re-beginners” back into biking. Basics plus: gearing, where to ride, and safety checks. Bring your bicycle and helmet. Contact instructor, Lauren.greenfield@longmontcolorado.gov, to borrow a bicycle.

18 & up: Jun 8, Wed, 8:30am-12:30pm 327034.1
Location: Lefthand Creek Park, West Shelter

18 & up: Jul 6, Wed, 8:30am-12:30pm 327034.2
Location: Loomiller Park, North Shelter
Fee: \$25 resident/ \$31.25 non-resident

Rusty Dusty Riders!

Calling all seniors who have a rusty, dusty, bike, or perhaps YOU feel rusty and dusty riding your bike! We will start slow, review basics, perform safety checks, choose routes, and finish up with a comfortably-paced ride. Bring your bike and helmet.

50 & up: May 18, Wed, 8:30am- 11am 327035.1
Jun 22, Wed, 8:30am-11am 327035.2
Jul 20, Wed, 8:30am-11am 327035.3

Location: Roosevelt Park, Old Stone Pavilion
Fee: \$15 resident/ \$18.75 non-resident
All 3 Classes: \$30 resident/\$37.50 non-resident

Ped Safety

Walking in Longmont can be enjoyable and FUN. Learn tips to safely choose your route, be seen by drivers, and walk with others. Class contains informational lecture followed by a short “walk about” to identify optimal walking conditions, and practice what you’ve learned!

16 & up: May 10, Tue, 5:30-7:30pm 327036.1
Location: Thompson Park, North Shelter

16 & up: May 26, Thurs, 8:30-10:30am 327036.2
Location: Collyer Park, North Shelter
Fee: \$15 resident/ \$18.75 non-resident

Creative Commuting

Navigate your way and feel safe out of your car by foot, bike, or bus around the City of Longmont and beyond! Creative commuting will allow you to bus/bike or drive/ride safely. (No bike required)

16 & up: May 25, Wed, 5:30pm-7pm 327033.1
Location: Willow Farm Barn, 901 S Fordham St

16 & up: Jun 10, Fri, 5pm-6:30pm 327033.2
Location: Thompson Park, North Shelter
Fee: \$15 resident/ \$18.75 non-resident

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

14 & up: Aug 12, Fri, 5-9pm & Aug 13, Sat, 9-5pm 311224.1A
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/ \$93.75 non-resident

Mommy & Me - Intro Horses

Young children learn about horses with a parent (or grandparent). Includes safety discussion, hands-on time learning to brush and interact with the gentle horses, and riding. Each child has a turn to ride with their parent leading their horses on a lead line. Important Safety Rules: No younger siblings in strollers or worn in carriers. Parent must remain with child and be very hands on at all times.

2 to 4 yrs: May 14, Sat, 4-5:30pm 345901.S1
Aug 27, Sat, 4-5:30pm 345901.S

Lil' Buckaroos Camp

Campers learn about, interact with, and RIDE the horses each day while learning and practicing safety around horses and around the ranch. They will try out some ranch chores and have special ranch fun! Activities are all age appropriate.

5 to 7 yrs: Tue-Thurs, 10:30am- 2pm Basic code:
Weekly sessions available June7-Aug 4. 346904
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$140 resident/\$175 non-resident

Intro to Horses and Riding

Discussions on Horse Safety, personalities & care. Most of the class will be "Hands On" learning to brush and groom the gentle horses. Riding time has the kids taking turns riding the horses. Wear closed shoes and long pants. Riding helmets provided.

5 to 7 yrs: May 7, Sat, 4-5:30pm 246901.B
Jun 11, Sat, 4-5:30pm 346901.A
Fee: \$35 resident/\$42 non-resident

8 to 14 yrs: Jun 4, Sat, 4-6pm 346902.A
Aug 6, Sat, 4-6pm 346902.B
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$46 resident/\$55.25 non-resident

Horse Camp for 8-14

Have your own horse for a week! Campers are matched with a horse and learn care, responsibility, and safety around horses. Two riding lessons each day: English or Western style - camper's choice. Additional information emailed.

8 to 14 yrs: May 30-Jun 3, M-F, 9:30am-2:30pm 346903.05
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$380 resident/\$475 non-resident

Intro Horse n Riding

Basic Safety Issues, horse personalities, horse care, and riding will all be discussed in this class. Each participant has 60 minutes of riding time in a Group Lesson. Overcome any potential fear or anxiety with these gentle animals.

15 & up: Aug 20, Sat, 4-6:30pm 347901.A
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$60 resident/\$72 non-resident

Child & Youth Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once!

*No class July 4

6 to 9 yrs: 6-7 pm
Beginner Apr 11-May 9, Mon 217346.B1
Apr 12-May 10, Tue 217346.B2
Jun 6-Jul 11*, Mon 317346.B1
Jun 7-Jul 5, Tue 317346.B2
Jul 18-Aug 15, Mon 317346.B3
Jul 19-Aug 16, Tue 317346.B4

Intermediate Apr 13-May 11, Wed 217346.I1
Jun 8-Jul 6, Wed 317346.I1
Jul 20-Aug 17, Wed 317346.I2

10 to 14 yrs: 7-8 pm
Beginner Apr 11-May 9, Mon 217347.B1
Jun 6-Jul 11*, Mon 317347.B1
Jul 18-Aug 15, Mon 317347.B2
Apr 13-May 11, Wed 217347.I1
Jun 8-Jul 6, Wed 317347.I1
Jul 20-Aug 17, Wed 317347.I2

6 to 14 yrs: 6-7 pm
Advanced Apr 14-May 12, Thurs 217347.A1
Jun 9-Jul 7, Thurs 117347.A1
Jul 21-Aug 18, Thurs 117347.A2

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$50 resident/\$62.50 non-resident

Tree Climbing with Dances with Branches

Tree Climbing Colorado offers introductory recreational tree climbing experiences using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Wear long pants, sturdy shoes, and bring gloves if you've got 'em!

7 & up: Apr 9, Sat, 12:30-3pm 226021.1
May 14, Sat, 12:30-3pm 226021.2
Jun 11, Sat, 12:30-3pm 326021.1
Aug 13, Sat, 12:30-3pm 326021.3

Instructor: Harv Teitelbaum
Location: Thompson Park, 4th & Bross St
Fee: \$35 resident/ \$43.75 non-resident

Sailing Camp with ABLE to SAIL

ABLE to Sail is a super-fun, 4 day, adventure and youth empowerment camp! Learn the basics of sailing, with the extra element of shifting negative thought patterns into an empowering mindset of possibility; replacing, "I can't and I'm not," with "I AM and I CAN!"

11 to 18 yrs: Jun 20-23, Mon-Thurs, 10am-4pm 326025.1
Jul 18-21, Mon-Thurs, 10am-4pm 326025.2

Instructor: Diane McKinney, US Sailing Certified Instructor
Location: Union Reservoir Pavilion,
0461 Weld Country Rd 26
Fee: \$295 resident / \$368.75 non-resident



Personal Climbing Training

Can't attend a scheduled climbing class or want individualized instruction? These individual or small group 1-hour training sessions are personalized to you and cover climbing safety, beginner through advanced techniques, as well as personal climbing analysis and training. For information or to schedule, email Rebecca: lynch-rebecca@hotmail.com

All ages: Longmont Recreation Center, 310 Quail Rd

One Participant Fee:

1 Hour Session \$30 resident/\$39 non-resident
5 Hour Sessions \$125 resident/\$156 non-resident

Two Participants Fee:

1 Hour Session \$40 resident/\$50 non-resident
5 Hour Sessions \$175 resident/\$219 non-resident



Parent-Child Climbing Class

This class introduces very young children to the world of rock climbing! Children learn to trust the climbing system as well as basic climbing techniques. Parents learn about safety and encouraging their young climbers. (NOTE: This is NOT a technique course for adults.) *No Class July 2-3

3 to 5 years with an adult: 9-10 am

Dates:	Apr 16-May 14, Sat	217345.S1
	Apr 17-May 15, Sun	217345.U1
	Jun 4-Jul 9*, Sat	317345.S1
	Jun 5-Jul 10*, Sun	317345.U1
	Jul 23-Aug 20, Sat	317345.S2
	Jul 24-Aug 21, Sun	317345.U2

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$50 resident/\$62.50 non-resident

Adult Climbing Clinics

These clinics cover climbing safety with a partner (clinics have a minimum of 2 participants).

Top-Rope Belay Clinic teaches belay techniques, gear use, commands, and safety.

Lead Belay Clinic includes lead climbing and belay techniques, gear use, commands, and safety.

Intro to Outdoor Climbing Clinic prepares you to climb outside (with an experienced climber or guide). Covers differences in indoor and outdoor climbing and safety preparedness skills.

15 & up Clinics:

Top-Rope	Apr 15-22, Fri, 6-8pm	217348.T2
	May 13-20, Fri 6-8pm	217348.T2
	Jun 17-24, Fri 6-8pm	317348.T1
	Jul 22-29, Fri 6-8pm	317348.T2
Lead Belay	Jun 3-10, Fri 6-8pm	317348.L1
	Aug 5-12, Fri 6-8pm	317348.L2
Outdoor	Apr 29-May 6, Fri, 6-8pm	217348.D1
	Jul 8-15, Fri 6-8pm	317348.D1

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$40 resident/\$50 non-resident

Adult Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once!

15 to Adult: 7-8 pm

Beginner	Apr 12-May 10, Tue	217344.B1
	Jun 6-Jul 5, Tue	317344.B1
	Jul 19-Aug 16, Tue	317344.B2

Intermediate/Advanced:

	Apr 14-May 12, Thurs	217344.A1
	Jun 9-Jul 7, Thurs	317344.A1
	Jul 21-Aug 18, Thurs	317344.A2

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$65 resident/\$81.75 non-resident

Themed Weekend Canoe Trips

No previous canoeing experience required—suitable for beginners. Centennial Canoe provides boats, meals, and guides. Bring a tent and sleeping bag (rentals available). Fee nonrefundable if cancelled less than 2 weeks prior to trip. Ages 6-17 must be accompanied by an adult. After registration, details and meeting location will be emailed to you!

Instructor: Centennial Canoe Outfitters, Inc.

Canoe and Hike the Gunnison River

Paddle through the canyons of the Gunnison River, and take in the immensity of geologic time and the silence of the wilderness. Time permitting; hike Dominguez Canyon Wilderness Area, complete with a 40-foot waterfall, secluded swimming holes, and numerous ancient Indian petroglyphs.

6 & up:	Jun 10-12, Fri-Sun	
Fee/Code:	Ages 13 & up:	\$379 326041.1A
	Ages 6 to 12:	\$339 326041.1B
6 & up:	Jul 30-31, Sat-Sun	
Fee/Code:	Ages 13 & up:	\$274 326041.2A
	Ages 6 to 12:	\$249 326041.2B

Star Gazing Canoe Trip- Colorado River

The wilderness night sky is unbelievably brilliant and you'll be amazed at all the constellations. Our astronomy expert will make sure that you don't miss one falling star! Includes a night at Fiske Planetarium on Aug 30.

6 & up:	Sept 3-5, Sat-Mon	
Fee/Code:	Ages 13 & up:	\$394 326043.1A
	Ages 6 to 12:	\$354 326043.1B

Canoe 'n Brew -

Beer Tasting on the Gunnison River

This trip encompasses the Escalante/Dominguez Canyon Wilderness Area with petroglyphs, waterfalls, and great hiking! Each evening, sample a variety of craft beers from Boulder Beer, Boulder's first microbrewery.

21 & up:	Aug 12-14, Fri-Sun	\$379	326042.1A
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Drumming for Health & Therapy

If you can talk - you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.



Instructor: Gregg Hansen
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$36 resident/\$45 non-resident

Beginning Drumming

Simple rhythms will be presented slowly and patiently.

16 & up:	Tuesday, 6:30-7:30pm	
Dates:	May 3-24	247330.5A
	May 31-Jun 21	347330.6
	Jul 5-26	347330.7
	Aug 9-30	347330.8

Continuing Drumming

Now that you've learned the basics, it's time to go deeper. Pre-requisite-Beginning Drumming.

16 & up:	Beginner - Tuesday, 7:45-9pm	
Dates:	May 3-24	247331.5A
	May 31-Jun 21	347331.6A
	Jul 5-26	347331.7A
	Aug 9-30	347331.8A

16 & up:	Beginner - Thursday, 1:30-2:45pm	
Dates:	May 5-26	247331.5B
	Jun 2-23	347331.6B
	Jul 7-28	347331.7B
	Aug 11-Sep 1	347331.8B

16 & up:	Beginner - Thursday, 7-8:15pm	
Dates:	May 5-26	247331.5C
	Jun 2-23	347331.6C
	Jul 7-28	347331.7C
	Aug 11-Sep 1	347331.8C

16 & up:	Intermediate 1 - Monday, 7:15-8:30pm	
Dates:	May 2-23	247333.5A
	Jun 6-27	347333.6A
	Jul 11-Aug 1	347333.7A
	Aug 8-29	347333.8A

16 & up:	Intermediate 1 - Thursday, 12-1:15pm	
Dates:	May 5-26	247333.5B
	Jun 2-23	347333.6B
	Jul 7-28	347333.7B
	Aug 11-Sep 1	347333.8B

16 & up:	Intermediate 2 - Tuesday, 11:30am-12:45pm	
Dates:	May 3-24	247334.5A
	May 31-Jun 21	347334.6A
	Jul 5-26	347334.7A
	Aug 9-30	347334.8A

16 & up:	Intermediate 2 - Wednesday, 7:45-9pm	
Dates:	May 4-25	247334.5B
	Jun 1-22	347334.6B
	Jul 6-27	347334.7B
	Aug 10-31	347334.8B

Dance

Ballroom for Couples

Come learn the fundamentals of ballroom dance while having fun with your partner (you will dance with the partner you come with - no partner rotation). Learn basic lead and follow techniques and fundamental body mechanics in four dances.



14 & up:	Apr 20-May 18, 7:30-8:30pm	244700.B
	Jun 1-29, Wed, 7:30-8:30pm	344700.06
	Jul 6-Aug 3, Wed, 7:30-8:30pm	344700.07

Instructor: Christian Thierens
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$120 resident/\$150 non-resident

Wedding Dance Workshop

Are you getting ready for an upcoming wedding or cruise? Learn the basics of the elegant Waltz and the smooth Foxtrot- two of the most popular Wedding dances. If you have a song to dance to, please bring it to class on a CD. No experience necessary. Fee is per person.

16 & up:	May 20-27, Fri, 7- 9pm	244731.B
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Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$40 resident/\$50 non-resident

Art & Creative Pursuits

No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and create a glowing painting. Supply list available at time of registration or on line.

Instructor: Dorothy Pecina
Location: Carriage House Art, 11938 Oxford Rd
Fee: \$48 resident/\$60 non-resident

18 & up:	Mon, 9-11am	
Dates:	May 2-23	247301.05
	Jun 6-27	347301.06
	Jul 11-Aug 1	347301.07
	Aug 8-29	347301.08

18 & up:	Wed, 1-3pm	
Dates:	Apr 27-May 18	247303.05
	Jun 8-29	347303.06
	Jul 6-27	347303.07
	Aug 3-24	347303.08

Continuing Colored Pencils

Prerequisite: Botanical illustration using colored pencil or/and drawing of animals with colored pencil. This is a continuing exploration with colored pencil drawing. Explore drawing shiny or reflective surfaces such as, marbles, iridescence using seashells, metallic using humming birds and ornaments. \$5 handout fee paid to instructor 1st day of class. Supply list available on-line or at registration.

16 & up:	May 4-25, Wed, 6-8pm	247316.05
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Instructor: Donna Clement
Location: Senior Center, 910 Longs Peak Ave
Fee: \$42 resident/\$52.50 non-resident

Beginning Latin Dance

If you're looking for a way to spice up your relationship, come experience the rhythms and culture of Latin America in this class. You will be learning the up beat Merengue, lively Cha Cha and the romantic Rumba. This is a fun class that is a great workout as well. Fee is per person.

16 & up: Jun 3-Jul 1, Fri, 8-9pm 344705.A
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Jitterbug Swing

Jitterbug Swing is a great upbeat dance which has a nice Be-Bop movement. This is done to a moderate tempo, so the smoke isn't coming from your soles. We will show the lead and follow to make this fun for everyone. Get your best two-toned shoes on and come dance! Fee is per person.

16 & up: Jun 3-Jul 1, Fri, 7-8pm 344720.A
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Adult Hip Hop

A fun, energetic, non-threatening class for adults. This class offers a get away to "rock out" to funky music and explore hip hop movement. Come and join the fun!

18 & up: Jun 14-Aug 2, Tue, 6:30-7:30pm 344735.A
Location: Dance Dimensions, 638 Main St
Fee: \$104 resident/\$130 non-resident

Learn to Crochet

This course is for the absolute beginner. Learn to crochet by making a sampler hand bag. Plan to crochet between the 2 classes so you are ready to finish off your purse at the 2nd class.



\$25 materials fee payable at 1st class (covers 2 skeins of yarn, crochet hook, pattern and "Learn To Crochet, Now" book). *NO Class 6/14.

12 & up: Jun 7 & 21, Tue, 6-8pm 347400.06
Instructor: Debby Telfer
Location: Creation Station, 519 4th Ave
Fee: \$32 resident/\$40 non-resident

Tunisian Crochet

This course is for the beginner who knows how to do basic crochet stitches: chain, single crochet, and can read crochet patterns. Knitters also find this a fun crochet stitch to learn. Create a beautiful Tunisian lace scarf. This versatile stitch allows you to crochet items that have a knit and other distinct woven looks with a long Tunisian crochet hook. \$20 materials fee payable to instructor at 1st class (covers 2 skeins of yarn, Tunisian crochet hook and pattern).

16 & up: Jul 12, Tue, 6-9pm 347401.07
Instructor: Debby Telfer
Location: Creation Station, 519 4th Ave
Fee: \$26 resident/\$32.50 non-resident

Beginning Tap

A great class for those who love music and rhythm. It's never too late to learn to dance! Come join a fun, non-threatening class, starting with the basics and giving a good foundations to build on. Tap shoes required. Call 303-772-3750 for information on appropriate tap shoes.

18 & up: Jun 15-Jul 27, Wed, 6-7pm 344736.A
Location: Dance Dimensions, 638 Main St
Fee: \$95 resident/\$118.75 non-resident

Aerial Dance Class

This basic aerial technique class combines aerial, visual and circus arts with theater and dance for an exhilarating experience. Climbs, foot-wraps, knee-hooks and inversions will condition, challenge and engage every muscle in your body.

18 & up: Jun 15-Jul 20, Wed, 6:30-7:30pm 344750.A
Location: Longmont Dance Theatre Academy,
1422 Nelson Rd
Fee: \$92 resident/\$115 non-resident

Ballet for Adults & Teens

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the fundamentals of ballet training. This class is designed to get you moving while also developing gracefulness and poise through movement.

14 & up: Jun 14-Jul 19, Tue, 6:30-8pm 344760.06
Location: Longmont Dance Theatre Academy,
1422 Nelson Rd
Fee: \$92 resident/\$115 non-resident

Art Workshops with Donna Clement

Instructor: Donna Clement
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$35 resident
/\$43.75 non-resident
+ \$7 materials fee



Finger Painting for Adults

Why should kids have all the fun? Come for a play date with finger painting. There are professional artists who create their paintings with their fingers instead of brushes. It is a very satisfying tactile way to paint.

14 & up: Jun 25, Sat, 1:30-4pm 347326.06

Freeform Mixed Media Illustration

Use Watercolor and Pen & Ink to create fantastic abstract artworks. Swirl colors together in a freeform painting, then find shapes in the color to accentuate with pen & ink to create amazing illustrations. Fun, relaxing, meditative experience.

14 & up: Jul 23, Sat, 1:30-4pm 347327.07

Mixed Media Mandala

Create a Mandala with 4 sections. Each section will use different elements or seasons to represent your life. Choose from water colors, acrylics, colored pencil, or pen & ink. This is a fun, meditative exploration of your life through color, value, texture, and shape.

14 & up: Aug 27, Sat, 1:30-4pm 347328.08



Metalsmithing & Jewelry Making

Learn about metals, mining, casting and jewelry making techniques in these fun, educational classes taught by an instructor with 40 years experience teaching silversmithing! All materials included in course fee.

Instructor: Don & Kay Norris, Silver Creations
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Simple Silversmithing

Make your own sterling silver pendant! Design your own pendant with your choice of colored stone. Don will help you design your pendant, then solder it together for you. Includes 20 inch sterling silver chain.

16 & up:	May 10, Tue, 6-8:30pm	247340.B
	May 31, Tue, 6-8:30pm	247340.C
	Jun 14, Tue, 6-8:30pm	347361.06
	Jul 26, Tue, 6-8:30pm	347361.07
Fee:	\$50 resident/\$62.50 non-resident	

Simple Rock Wrapping

Make simple pendants and necklaces using wire, stones and copyrighted Rock Wraps. Make two sterling silver wrapped pendants and some copper pieces. Learn about the properties of silver and copper and the stones used. Includes 20 inch sterling silver chain.

16 & up:	Jun 21, Tue, 6-8:30pm	347362.06
	Aug 2, Tue, 6-8:30pm	347362.08
Fee:	\$40 resident/\$50 non-resident	

Pewter Casting

Cast a pewter hummingbird and flower or butterfly and rose in this unique, educational class! Display your bird or butterfly as a hanging ornament or cast a flower (for an additional \$10 fee) to pair as a beautiful sculpture. Instructor will discuss the history of pewter casting, mining tradition and how he sculpts the molds used for casting.

16 & up:	May 17, Tue, 6-8:30pm	247342.B
	Jun 7, Tue, 6-8:30pm	347363.06
	Jul 12, Tue, 6-8:30pm	347363.07
Fee:	\$45 resident/\$56.25 non-resident	

Pine Needle Casting

Cast your own pure silver pendant! Melt pure silver, pour it into a bundle of pine needles, then look closely to find your unique pendant. No two pendants are ever alike. Polish your pendant, then wear it home on the provided chain. Includes 20 inch sterling silver chain.

16 & up:	May 3, Tue, 6-8:30pm	247343.A
	May 24, Tue, 6-8:30pm	247343.B
	Jun 28, Tue, 6-8:30pm	347364.06
	Jul 19, Tue, 6-8:30pm	347364.07
Fee:	\$49 resident/\$61.25 non-resident	

Thai Cooking Basics

Learn to cook traditional Thai food in an open and encouraging environment! Enjoy snacks, sides, and beverages, while preparing and cooking the featured class dish. Is it a class? Is it a party? It's both!

15 & up:		
Pad Ka Pow	May 6, Fri, 6-8pm	247462.5A
Larb Guy	May 13, Fri, 6-8pm	247462.5B
Instructor:	Veraya Connors	
Location:	The Creation Station, 519 4th Ave	
Fee:	\$20 resident/\$25 non-resident + \$7 materials fee payable to instructor	

Cake Decorating I – Buttercream Skills

Join the fun of learning how to decorate your own cakes to help family and friends celebrate their special occasions. Learn tips to make icing a cake and cupcakes easier and how to pipe simple borders and multiple icing flowers. Supply List available at time of registration.

16 & up:	Jul 11-Aug 1, Mon, 6:30-8:30pm	347480.07
Instructor:	Virginia Mickelson	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

Cookie Blossoms

Learn how to bake cookies on a stick and decorate them to use in pots, mugs or vases. Cookie blossoms can be used for centerpieces or gifts, with seasonal, holiday or personal celebration themes. Supply List available at time of registration; children ages 10 & up may register with paying adult.

16 & up:	June 13 & 20, 6:30-7:30pm & 6:30-9pm	347481.06
Instructor:	Virginia Mickelson	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$25 resident/\$31.25 non-resident	

Getting to Know Your Digital Camera

Topics covered include automatic vs manual control, white balance, file formats, ISO settings and reducing red eye. The first class is in the classroom and the second taking pictures the following Saturday from 10-11:30am. Required equipment: Digital Camera and camera manual.

14 & up:	Wed, 7-9pm & Sat, 10-11:30am	
Dates:	Apr 13 & 16	247100.B
	Jun 15 & 18	347100.A
	Jul 13 & 16	347100.B

Instructor:	John Lovell	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$35 resident/\$43.75 non-resident	

Shooting Pictures Like a Pro

Improve the quality of your photographs. The first class is in the classroom and the second taking pictures, the following Saturday from 10-11:30 outside. Topics covered: posing subjects, lighting, depth of field, stop action and composition. Required: Digital camera with ability to change aperture and shutter speed.

14 & up:	Wed, 7-9pm & Sat, 10-11:30am	
Dates:	May 4 & 7	247101.B
	Jun 22 & 25	347101.A
	Jul 20 & 23	347101.B

Instructor:	John Lovell	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave & Sandstone Ranch Park, 3001 E Sandstone Dr	
Fee:	\$35 resident/\$43.75 non-resident	

Spanish 101 Beg

Learning a language is learning a culture. Have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters and musicians. For those with beginner level Spanish experience. \$7 material fee payable to the Instructor at the first class. *NO Class 8/14.

16 & up:	Jun 7-28, Tue, 6:30-7:30pm	347155.06
	Jul 5-26, Tue, 6:30-7:30pm	347155.07
	Aug 2-23*, Tue, 6:30-7:30pm	347155.08
Instructor:	Kena Guttridge	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$40 resident/\$50 non-resident	

Spanish 201 Conversation

Learning a language is learning a culture. Have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters, musicians and cultural facts. For those with Advanced Beginner/ Intermediate Spanish Conversation. \$7 material fee payable to the instructor at the first class.

16 & up:	Jun 9-30, Thurs, 6:30-7:30pm	347156.06
	Jul 7-28, Thurs, 6:30-7:30pm	347156.07
	Aug 4-25, Thurs, 6:30-7:30pm	347156.08
Instructor:	Kena Guttridge	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$40 resident/\$50 non-resident	

Legal & Business Education**eBay I - The Basics**

Learn how to set up an eBay Seller account, create successful eBay listings, upload pictures and accept credit card payments with PayPal. Learn selling "Tips, Tricks and the Traps" to avoid, how to determine shipping costs, where to get FREE shipping supplies, how to print shipping labels from your home computer and get FREE home pickup.

18 & up:	May 11, Wed, 6-9pm	247600.A
Instructor:	Kevin Boyd	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$49 resident/\$61.25 non-resident	

Will Maker Legal Seminar

In a single easy session, you'll complete a will, financial power of attorney, and combined medical directive (including living will, medical power of attorney, and organ donation). Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Couples must have individual wills.

18 & up:	Apr 20, Wed, 6-9pm	247125.04
	May 19, Thu, 6-9pm	247125.05
	Aug 25, Thurs, 6-9pm	347125.08
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
18 & up:	Jun 8, Wed, 6-9pm	347125.06
	Jul 20, Wed, 6-9pm	347125.07
Location:	Longmont Recreation Center, 310 Quail Rd	
Instructor:	Rebecca Bennetti	
Fee:	\$125 resident/\$156.25 non-resident	

Real Estate Investment Series

Instructor: Jim Flint, A Better Way Realty. Jim is a CRS with 30 year's real estate experience in five states.
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$25 resident/\$31.25 non-resident
+ \$20 workbook fee, payable to instructor at class

Fundamentals of Real Estate Investing

Learn how to take advantage of this buyer's market and profit in real estate. Class covers how to buy homes at foreclosure sales, how much money is needed, how to bid, how to get 15% or more on your money and how to reduce your income taxes. Learn an analytical approach to investing.

18 & up:	Apr 19, Tue, 5:45-9pm	247120.04
	Jun 29, Wed, 6:15-9:30pm	347120.06

Alternatives to Traditional Real Estate Investing

There's a world of options out there; commercial property, assisted living homes, partnerships and more! Learn how to create a business plan for your investment, including financing options, management, and the formulas you need to measure your ROI.

18 & up:	Apr 26, Tue, 5:45-9pm	247121.04
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Managing Your Rental Properties

Learn how to keep your property rented when others have vacancies, how to screen your prospective tenants and keep the bad ones out and "dos and don'ts" when dealing with tenants. Included is a copy of a lease used in over 800 housing units. This class is taught by Bill Cooper, a 25-year veteran property manager.

18 & up:	Apr 21, Thu, 5:45-9pm	247122.04
	Jun 23, Thurs, 6:15-9:30pm	347122.06

Health & Wellness**Comfort Touch - Self Care Acupressure**

Following the principles of Comfort Touch, learn basic techniques to improve your well-being and that of your family. Relax and rejuvenate! \$2 materials fee, payable to instructor at class

10 & up:	May 7, Sat, 10-11am	243600.05
Instructor:	Mary Rose, BA, LMT	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$10 resident/\$12.50 non-resident	

Comfort Touch - Acupressure Workshop

Following the principles of Comfort Touch, learn basic techniques to improve your well-being and that of your family. Includes complete sequence of Comfort Touch acupressure for the hands, practicing with a partner. Relax and rejuvenate! \$15 materials fee (this is discounted price for 80 page booklet - "Comfort Touch of the Hands & Feet: A Guide for Family Caregivers" by Mary Kathleen Rose.)

16 & up:	Jun 4, Sat, 9am-12pm	343600.06
Instructor:	Mary Rose, BA, LMT	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$25 resident/\$31.25 non-resident	

Health & Wellness

Natural First Aid – Level 1

Learn basic herbal tips for treating cuts, bruises, stings, burns and much more from a Certified Clinical Herbalist. Whether at home or in the wild, become familiar with simple natural ways to handle first aid situations. Informative handouts provided.

16 & up: May 4, Wed, 7-8pm 247132.A
 Fee: \$20 resident/\$25 non-resident
 Instructor: Jane Anderson, CCH
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Make Your Own First Aid Kit – Level 2

Follow-up course to Natural First Aid-The Basics, Level 1. Create your own natural first aid kit. Bring your notes from Level 1 to help guide your kit-creation. Class will go further into herbal first aid remedies.

16 & up: May 16, Mon, 7-9pm 247132.B
 Fee: \$15 resident/\$18.75 non-resident
 + \$45 materials fee for kit contents
 Instructor: Jane Anderson, CCH
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Essential Oils 101

What's the buzz about essential oils? Are you wondering how you can use them in your life? Join us in an information-packed, fun-filled class to learn all about using essential oils for everything from illness to chemical-free home cleaning products.

18 & up: May 12, Thurs, 7-8pm 247141.05
 Jul 14, Thurs, 7-8pm 347140.07
 Instructor: Jessica Birmingham
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$10 resident/\$12.50 non-resident

Essential Oils for Summer

Learn how to incorporate essential oils into your summer routine. Everything from natural bug repellents to after-sun skin care. There are oils for kids and adults that will make your summer so much more fun!

18 & up: May 19, Thurs, 7-8pm 247142.05
 Jun 9, Thurs, 7-8pm 347142.06
 Instructor: Jessica Birmingham
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$10 resident/\$12.50 non-resident

Essential Oils for Back to School

Get your backpacks, lunch boxes and essential oils ready for back to school! Learn practical ways to boost immunity, support mood and emotions and increase focus with essential oils. Come ready to learn!

18 & up: Aug 11, Thurs, 7-8pm 347143.08
 Instructor: Jessica Birmingham
 Location: Creation Station, 519 4th Ave
 Fee: \$10 resident/\$12.50 non-resident

Women's Safety Awareness

Learn awareness theory, stalking methods used by predators, common myths regarding where and when we are safe, home safety tips, traveling safety tips and easily obtained tools you can use for defense. Simple and effective defensive techniques will be taught.

13 & up: May 17, Tue, 6:30-8:30pm 247110.B
 Instructor: Longmont Police Officers
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$5 resident/\$6.25 non-resident

Aromatherapy Classes & Workshops

Learn how to use Aromatherapy to improve your health and beauty!

Instructor: Linda Byington, Registered Aromatherapist
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Aromatherapy for Travel

Travel and adventure are exciting until you suffer from the common discomforts experienced when venturing away from home. Digestive difficulties, heat exhaustion, bug bites, sleep upsets, and general weariness can plague a traveler. Learn how Aromatherapy is useful at helping to manage these complaints.

15 & up: May 5, Thurs, 6:30-8pm 247148.05
 June 8, Wed, 6:30-8pm 347148.06
 Fee: \$20 resident/\$25 non-resident

Aromatherapy for Women's Health

Want to alleviate common female problems? Learn about essential oils that help balance hormones in PMS or menopause, aromatherapy for bladder infections or hot flashes, recipes for cellulite, insomnia, and more. Learn how aromatic techniques can transform hormones and stress into harmony and balance.

15 & up: Jul 27, Wed, 6:30-8pm 347145.07
 Fee: \$20 resident/\$25 non-resident

Stress Reducing Aromatherapy

Stress can cause emotional upsets that make you feel anxious or tense. Learn why essential oils are a wonderful therapy to help manage these emotions. This class addresses the psychological side of Aromatherapy and discusses ways to relieve stress-induced-anxiety and encourage relaxation.

15 & up: Jun 16, Thurs, 6:30-8pm 347146.06
 Fee: \$20 resident/\$25 non-resident

Homemade Facial Care

Make your own luxurious bath products. In this hands-on workshop, make a weatherproof cream, foot soak, lip balm and massage oil. Instruction includes how to add aromatic essential oils to your creations to soothe and heal. You also learn Aromatherapy basics.

15 & up: Jun 22, Wed, 6-8pm 347147.06
 Fee: \$30 resident/\$37.50 non-resident + \$10 materials fee



Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: May 7, Sat, 3-5pm 213902.1A
 Instructor: Marcia Babcock, PhD, CPT,
 Nia Black Belt Instructor
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$10 resident/\$12.50 non-resident

Summer Meditation at Sandstone Ranch

Looking to nature as our mirror, simply be with breath, body, and thoughts without clinging. Meditation can help us relate to changes in our lives with curiosity, gentleness, and perspective. Practice sitting, walking and lying meditation followed by discussion and tea. Sign up for 6 week session or individual weeks.

18 & up: Jun 15-Jul 20, Wed, 6-7:15pm 343500.A
 Fee: \$48 resident/\$60 non-resident
 Drop In: \$10 resident/\$12.50 non-resident
 Instructor: Katharine Kaufman
 Location: Sandstone Ranch, 3001 Sandstone Dr

Practicing Meditation at Home

If you are a yoga student, meditation is a logical step in your development. This class is for beginners, as well as meditators who want to establish a consistent at home practice. You'll learn a variety of techniques that incorporate movement, sound repetition and focused breathing.

18 & up: Aug 6, Sat, 10am-12pm 343594.08
 Instructor: Diana Shellenberger
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$20 resident/\$25 non-resident

Healing Without Medicine: 8 Healing Sounds

Introduction to health building exercises that use movement, breathing, and sound to affect the internal organs. Both relaxing and invigorating, these exercises are rooted in traditional Chinese medicine. Appropriate for general wellness as well as many chronic illnesses.

18 & up: May 17, Tue, 10:30-11:30am 243230.05
 Jun 21, Tue, 10:30-11:30am 343230.06
 Jul 19, Tue, 10:30-11:30am 343230.07
 Aug 16, Tue, 10:30-11:30am 343230.08
 Instructor: Garth Reynolds, MSCTM, L.Ac.
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$10 resident/\$12.50 non-resident



Senior Services

is a Division of the City's
 Community Services Department

910 Longs Peak Ave | 303-651-8411
 Office Hours: Monday - Friday, 8 am - 5 pm
 LongmontColorado.gov/senior-services
 email: senior@LongmontColorado.gov

Division of Senior Services offers recreation, informational programs, resource guidance, and services for those 55 years plus.

Registration

Please register in advance for all programs, classes, events, and trips. Please refer to our catalog online for all the recreation and services available, and call or register online for those you are interested in participating. www.LongmontColorado.gov/senior-services

Resources and Supportive Services

Senior Services Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others. Professional counseling staff and peer counselors provide one on one and group support. Resource staff; Veronica Garcia at 303-651-8716 or Amy Loberg at 303-774-4372 and Counseling staff; Brandy Queen at 303-651-8414. Specific support activities are detailed in the quarterly GO catalog and often include programs such as Advanced Directives and Medicare Basics. Support groups for Grandparents raising grandchildren, Parkinsons, Grief, and Caregivers.

Senior Computer Technology Center

A computer and technology learning program for adults 50+. Group classes and one on one support are both available for a wide variety of programs in Microsoft products, Windows, Genealogy, Apple products, e-readers, tablets, cell phones, and other new and emerging products and software. The quarterly GO catalog details opportunities.



Recreation and Leisure activities are available; here are a few things that happen regularly:

Dances Thursday evenings, 7:00 - 10:00 p.m.

Dances are held at the Longmont Senior Center. Both singles and couples enjoy the fun. Price is \$4.00 per person.

Exercise Classes

SilverSneakers, Yoga, Tai Chi, Feldenkrais, Pilates and more.

Day Trips to museums, the mountains, casinos and other popular touring places. Short Extended Travel to South Dakota in August, the Balloon Fiesta in October, and longer extended travel in 2017 to the South Pacific: Australia and New Zealand in April and a River boat trip on the Columbia River in the fall. Stop by the Senior Center to pick up the detailed itinerary if you are interested in group travel.





3 Great Courses, One Extraordinary Experience



City of
Longmont



303-651-8466
1900 Longs Peak Ave.

303-651.8401
1200 Cornell Drive

303-774-4342
2000 Ute Creek Drive

www.golflongmont.com



3 Great Courses, One Extraordinary Experience

Visit Us!

Visit the Golf Longmont web site at www.golflongmont.com for on line tee times, course information, rates, to sign up for our weekly eblasts, event calendars and e-specials. You will also find us on Facebook and Twitter!



Facility Rentals—Plan Your Event Today!

The City of Longmont Golf Courses have several facilities and services that would be perfect for your next event. Tournaments, fund raisers/benefits, class reunions, family/work outings, receptions and more! Call the course of your choice today for more information regarding:

- Ute Creek's Patio or Pavilion
- Twin Peaks Restaurant and Patio
- Sunset's Clubhouse

Associations, Leagues and Tournaments!

All courses have very active Men's and Women's Golf Associations and golf leagues that are always looking for members. Join today at your course of choice. For more information visit Golf Longmont's web site at www.golflongmont.com

Senior Days

Each City golf course offers a special day just for Seniors! Rates include green fee and golf car rental.

Mondays at Twin Peaks 18 holes \$26; 9 holes \$16
Tuesdays at Sunset 18 holes \$18; 9 holes \$12
Wednesdays at Ute Creek 18 holes \$32; 9 holes \$19

Golf Instruction

Twin Peaks, Ute Creek, and Sunset golf courses offer a variety of lessons. Please check with the pro shops for more information on lessons and instruction.

Upcoming Events

Twin Peaks Invitational: April 2 & 3

Ute Creek Invitational: April 23 & 24

Men's City Tournament: July 15, 16 & 17

City Junior Golf Tournament: July 25, 26 & 27

Junior Golf Programs

Drop-in group lessons geared to introduce youth to golf. Equipment use is available.

Junior Golf at Twin Peaks

First Step 9 & under: Jun 6-Aug 15, Mon, 10am-12pm

Next Step 9 to 18 years: May 31-Aug 16, Tues, 10am-12pm
Exclusively for Next Step: After the lesson at 12:15pm, interested Juniors have the option to pair up into groups to play 9 holes of golf for an additional \$7. A \$3 lunch special is available after lesson.

Location: Twin Peaks Golf Course, 1200 Cornell Dr
Daily Fee: \$20

Junior Golf at Ute Creek

No experience required.

8 to 17 yrs: Jun 9-Jul 14, Thurs, 11am-12:30pm

Location: Ute Creek Golf Course, 2000 Ute Creek Dr
Daily Fee: \$25

SNAG Golf Camp

This unique approach to learning golf focuses on FUN while learning the basics of grip, stance and swing. The SUCCESS driven class incorporates targets and games using the clubs and balls provided. This is the perfect starter class to get your child hooked on golf. Registrations taken by Recreation at 303-651-8404 or online LongmontColorado.gov/rec with keyword "golf".

5 to 10 yrs:	Jun 13, Mon, 9-11am	376128.06
	Jul 18, Mon, 9-11am	376128.07
	Jun 20, Mon, 9-11am	376128.6A
	Jun 27, Mon, 9-11am	376128.6B
	Jul 25, Mon, 9-11am	376128.7A

Location: Sunset Golf Course, 1900 Longs Peak Ave
Fee: \$22 resident/\$22 non-resident



Longmont Public Library

409 4th Ave • 303-651-8470

Regular Hours: Mon-Thurs, 10am-9pm;
Fri & Sat, 9am-5pm; Sun, 1-5pm
Summer Hours: *In effect May 21 through September 8*
Mon-Thurs, 9am-9pm;
Fri & Sat, 9am-5pm; Sun, closed

All programs at Longmont Public Library located at 409 4th Avenue unless otherwise noted. Please visit the Library web page www.longmontcolorado.gov/library for more details! Also check us out on Facebook & Twitter!

Library Advisory Board

Cathy Balan	Nancy Carter
Katie Fuller	Deanna Hebbert
Mark Springfield	Polly Christensen, City Council liaison

News from the Longmont Library:



Summer Reading Kick-off Party, Wednesday, May 25, 5:30-8 pm

Join the library in saying "GOODBYE!" to another school year and "HELLO!" to summer! We'll be hosting the ultimate summer kick-off party, full of family fun. School's out, and the pool is open – just for YOU! Enjoy free entrance to Sunset Pool and discover what your Library, Rec Center, and community have in store for the summer. We'll have free give-aways, a hula hoop contest, and fun activities for the whole family. Registration is required. Please call the Library to register at (303) 651-8477.



Summer Reading Programs for Kids and Teens, May 25 through August 5: "Get In the Game... Read!"

Once again the library will be hosting fun summer reading programs for preschoolers, elementary schoolers, and tweens/teens to encourage reading and learning retention over the summer holidays. The programs will include events and prizes. Registration begins on May 25, so get ready for a summer of fun and reading! Watch our webpage for all the details: <http://bit.ly/1WsdEr7>

Summer Means Programs for Kids and Teens!

The summer is bursting with fun and stimulating stuff to do at the Library! Maker Mondays, Make and Take STEAM projects, Thursday morning concerts, Friday movie matinees, and Teen Tuesdays will keep the Library hopping throughout the summer. Plus, some of our best programs don't stop for the summer – they just get better! Chess Club and Lego Club meet over the summer, and our D.E.A.R. program (Dogs Enjoy Afternoon Reading) for early and/or tentative readers keeps plugging along all summer, too. Check the calendar in this catalog or head to the Library's website calendar for all the action -- <http://bit.ly/1KX2xWi>



Summer Learning Program for Adults: "Stay Curious: Xplore!"

If you've missed out on our previous summer programs for adults, now's your chance to join in the summer fun. This summer, we'll explore the world around us, near and far, learning about different places and cultures, traveling, and adventurers. Our summer of learning will culminate with a Geography Bee for Grown-Ups! So dig out your passport and get ready to travel the world at your library! Watch our webpage for all the details: <http://bit.ly/1KX2IX2>

Need Vacation Reading? We've Got You Covered!

Whether you prefer eReading or the feel of pages under your fingertips, we have all the bestsellers for your beach (or mountain) vacation. Load up your tablet with eBooks, eAudiobooks, or eMagazines, FREE with your library card. No need to even stop by and see us – just head to our website at <http://bit.ly/1YRVG4q>. Or come for a visit and walk out with an armload of great reading to pass the hours traveling or relaxing this summer, including books on CD for road trips and plane flights. Not sure what to read next? Check out our Staff Picks webpage (<http://bit.ly/1PjW2wh>), or let our librarian wizards find your next favorite book through our Pick a Book for Me webpage (<http://bit.ly/1MeSXMV>). Why buy when you can borrow? Check this one off your list and get packing!



Learning Spanish? Join in our "¡Hablemos! Let's Talk" group, Thursdays, 5:30-6:30 pm

Come practice with others who are language learners, too! Help your Spanish-speaking neighbors practice their English while they help you polish your Spanish. This is a no-pressure, all-fun environment for all ages, but is best for those with at least an intermediate level of Spanish and English.

The Library Festival is BACK! And it's moved to the Autumn! September 7 - 11

To celebrate the fifth anniversary of our beloved library festival, we'll be embracing a Western theme and offering five events between September 7 – 11, 2016. As usual, the wonderful anthology of stories by local authors will be published, and the bustling authors' open house will be held. Also, this year's festival will be extra special, as we welcome Craig Johnson, author of the popular *Longmire* series, to Longmont to celebrate with us! Watch our Library Festival webpage at <http://bit.ly/20TRmBu> for information about anthology submissions, festival events, and event registration. Polish your cowboy boots and get ready for a rip-roarin' time at the library.



Longmont Museum

400 Quail Road | Longmont CO 80501

303-651-8374 | www.LongmontColorado.gov/museum

Hours: Monday-Saturday, 9am-5pm | Sunday 1pm-5pm

Closed City Holidays | FREE General Admission

Special Exhibit Admission: \$8 adults, \$5 students/seniors (62+), children 3 and under free

Free admission on the second Saturday of every month.



**LONGMONT
MUSEUM**

A Division of Community Services

Museum Advisory Board

Bryan Bowles (Chair), Dale Gilbert, Amber Shipco, Michelle Vessel, Richard Luke, Eve Lacey, Inken Purvis, Ellen Ranson, Bonnie Finley (City Council Liaison)

Special Exhibits

How People Make Things hands-on family exhibition

May 21 - August 28, 2016

Inspired by the factory tour segments from the Mister Rogers' Neighborhood television series, the How People Make Things exhibition offers hands-on activities using real factory tools and machines to create objects with four manufacturing processes - molding, cutting, deforming and assembly. Many common manufactured products help tell the story of how people, ideas and technology transform raw materials into finished products. Local manufacturers will be featured.

Opening Reception: How People Make Things

Explore the new exhibit plus cool construction equipment outside, courtesy of Longmont Power & Communications. Appetizers and drinks served.

Date: May 21, Saturday, 10am-2pm

Admission: \$8, \$5 students/seniors, free for members and children under 3.



Longmont Immigration Exhibition Until June 12

People have immigrated to Longmont from all across the globe. This exhibition in the Longmont Museum's new Kaiser Permanente Education Center explores what brought different groups to Longmont through historic photographs and objects. Discover the diversity that has made Longmont unique.

Admission: Free

Summer Camps at the Museum

Join us this summer and discover history, art, music, culture, technology and more in these hands-on camps. Registration opens to the public April 4. Don't delay, camps fill quickly! To register, visit www.longmontmuseum.org or call 303-651-8374. Become a member of the Longmont Museum and get 10% off each camp registration!

Location: Longmont Museum, 400 Quail Rd

Surviving Out West

Don't just study history, live it! Learn the skills needed to survive the Western frontier, including cooking over an open fire, harvesting and gathering food, churning butter, whittling, archery and flint knapping.

11 to 14 years: Jun 13-17, Mon-Fri, 9am- 1pm 394004.03

Fee: \$170 resident

A Taste of Mexico

Get your passport ready! Using their active imaginations campers will travel and explore Mexican culture as they embark on a 5-day imaginary journey to learn about the history and celebrations of Mexico. Through music, games and art activities kids will learn and reinforce basic Spanish vocabulary and conversational skills. This camp will be conducted in Spanish, all levels are welcome.

3 to 5 years: Jun 13-17, Mon-Fri, 9am-12pm 394009.01

6 to 11 years: Jun 13-17, Mon-Fri, 1-4pm 394009.02

Fee: \$170 resident

Zometool Camp

Creating, discovering, and deepening your understanding of the universe with Zometool is FUN! Zometool goes beyond blocks and bricks, integrating art, science, play and engineering, while inspiring the next generation to be multi-dimensional thinkers. Activities include building challenges, Zomes and science, and outdoor bigZome builds as well as time in our summer exhibit.

6 to 10 years: Jun 13-17, Mon-Fri, 9am-12pm 394030.01

11 to 18 years: Jun 13-17, Mon-Fri, 1- 4pm 394030.02

Fee: \$145 resident

Costume Creation

Let your imagination take you for a ride as you create a costume from design to completion. Using cardboard, craft foam, worbla or fabric, you will use different techniques to create your design. We will have sewing machines, but feel free to bring your own. Our first day is spent creating a personal dress form, our last day is a Costume Showcase including character makeup application.

10 to 17 years: Jun 13-17, Mon-Fri, 2-4pm 394029.01

(7 to 9 years accepted with parent involvement)

Fee: \$100 resident

Western Settlers

Embark on a Longmont adventure in the time of the Wild West. Along the way, you'll gather trinkets for your "possibles" travel sack, pan for gold, play game, and meet a mountain man.

7 to 10 years: Jun 20-24, Mon-Fri, 9am- 1pm 394002.06
Location: Old Mill Park, 237 Pratt St
Fee: \$170 resident

Spanish with Science [Spanish Immersion Camp]

In these interactive classes kids have fun with science while learning and getting exposed to the Spanish language. With music, storytelling, science experiments, cooking projects and movement, we will experiment, observe, touch, create and draw our own conclusions through science. Each day features different projects. Camp are conducted in Spanish, all levels welcome.

3 to 5 years: Spanish with Science and Veggies
Jun 20-24, Mon-Fri, 9am-12pm 394911.01

6 to 11 years: Spanish with Science Experiments
Jun 20-24, Mon-Fri, 1- 4pm 394911.02
Fee: \$170 resident

Strum and Hum

Come explore your voice, creativity and express yourself through music! Learn basic ukulele and vocal skills to facilitate our own songwriting, and learn a few favorites (old & new!). Perform on the final day as a group. All levels welcome, ukulele provided.

7 to 11 years: Jun 20-24, Mon-Fri, 9am-12pm 394034.01
12 to 16 years: Jun 20-24, Mon-Fri, 1- 4pm 394034.02
Instructor: Bonnie & Taylor Sims
Fee: \$175 resident

Princes and Princess Camp

We'll visit frozen worlds, hang out under the sea, learn some archery, ride on a magic carpet, and spend time in our enchanted castle during this magical camp filled with stories, art and FUN!

4 to 7 years: Jun 27-Jul 1, Mon-Fri, 9-11:30am 394028.01
Fee: \$115 resident

Pokemon, Star Wars and Minecraft Drawing Camp

Learn how to draw basic Pokemon, StarWars and Minecraft characters. Not just drawing, we will embark on adventures and craft tools and accessories needed for our missions. Costumes, trading cards, and light sabers welcome!

7 to 12 years: Jun 27-Jul 1, Mon-Fri, 1-4pm 394027.01
Fee: \$125 resident

Zombie Attack Camp

Brains, we want your brains. Learn self-reliance and teamwork as you fight off zombies in a week so fun it could bring the dead back to life.

9 to 12 years: Jun 27-Jul 1, Mon-Fri, 9am-12pm 394031.01
Fee: \$148 resident



Missoula Children's Theater - Rumpelstiltskin

Missoula Children's Theater auditions, casts, rehearses, directs, and leads the performance of Rumpelstiltskin over the course of a single week. Auditions for 50 - 60 roles are cast on day one to begin an intensive rehearsal schedule. On Friday night and Saturday afternoon the children perform their show for friends, family and community members.

5 to 18 years: Jun 27-Jul 2, Mon-Sat, 10am- 2:30pm 394026.01
Fee: \$125 resident

Art Discovery Camp

Unleash your inner artist with a different art medium each day. Paint with acrylics, learn how to screenprint, draw with charcoal and pastels, make 3D sculptures and more! The instructor will guide you as you express yourself in creative art.

5 to 9 years: Jul 11-15, Mon-Fri, 9am-12pm 394032.01
10 to 14 years: Jul 11-15, Mon-Fri, 9am-12pm 394032.02
Fee: \$125 resident

Music Menagerie

Learn this summer's new repertoire of Boomwhackers beats, cup and clapping games, jump rope and ball bouncing chants, circle and longways dances, and handbell harmonies. Decorate and play kazoos, paint t-shirts, bead jump ropes, and sidewalk chalk murals. The campers perform during the last 30 minutes of class on Friday.

5 to 8 years: Jul 11-15, Mon-Fri, 9am-12pm 394005.04
9 to 12 years: Jul 11-15, Mon-Fri, 1-4pm 394005.05
Fee: \$125 resident

Imagine It, Build It! Maker 101

Create, build and have fun using the latest and greatest in makerspace tools. Using 3D printers, laser engravers and electronics, we'll build fun projects or help you create what you imagine.

8 to 13 years: Jul 11-15, Mon-Fri, 1-4pm 394040.03
Fee: \$148 resident

StART Walking Public

Activate your Art - StART walking! This public art adventure incorporates active living with art! Learn some of Longmont's rich history as told through the public art and parks we visit and will create some temporary public artwork of their own! Navigate on foot through Old Town seeking out public artwork, reading the map to find the next surprise and unravel stories en route.

5 to 10 years: Jul 14, Thurs, 9am-12pm 394014.01
Fee: \$15 resident



Hogwarts Wizards

If you think that you just might be magical and are hoping to receive a scholarship to attend the world-renowned Hogwarts School of Witchcraft and Wizardry, then this summer camp is for you! Learn everything you need to know before you set off for Platform 9 3/4.

8 to 11 years:	Jul 18-22, Mon-Fri, 9am-12pm	394021.02
	Jul 18-22, Mon-Fri, 1-4pm	394021.03
Fee:	\$148 resident	

Myth, Monsters, Fairies and Fantasy

Delve into the world of magic, fairies, princesses, dragons, kings and knights. Campers will explore legends through 2D and 3D art experiences and fun activities. Short stories introducing new creatures and myths will be interwoven into the crafts, making this class educational and fun!

5 to 8 years:	Jul 18-22, Mon-Fri, 1-4pm	394012.02
	Jul 18-22, Mon-Fri, 9am-12pm	394012.01
Fee:	\$125 resident	

LEGO® Mindstorms EV3

Build and program an EV3 robot, including using touch, color, ultrasonic and gyro sensors with programming control. Students program their robots to complete missions, culminating with a competition on the last day. Challenges vary each week; campers can attend both without duplication.

9 to 14 years:	Jul 18-22, Mon-Fri, 9am-12pm	394036.00
	Jul 25-29, Mon-Fri, 9am-12pm	394036.01
Fee:	\$125 resident	

LEGO® Big Ball Contraptions

After briefly covering some basics such as simple machines, lifts, and programming, teams use their imagination and ingenuity to construct complicated machines out of LEGOs. The teams then improve and refine until the individual contraptions work together to make a continuous flow of balls. Students build and connect different structures each week.

9 to 14 years:	Jul 18-22, Mon-Fri, 1-4pm	394037.00
	Jul 25-29, Mon-Fri, 1-4pm	394037.01
Fee:	\$125 resident	

StART Biking Public Art Adventure

Activate your Art – StART biking! Learn greenway etiquette and bicycle skills in riding with a group while seeking out and learning about public artwork, how it is installed and even what can happen when things like floods occur. Be prepared to ride bicycles for 2-2.5 hours total throughout the day.

9 to 12 years:	Jul 22, Fri, 9am- 2pm	394015.01
Fee:	\$20 resident	

Fashion Design Camp

Bring your fashion design visions to life while learning sewing and patternmaking skills. Name your clothing line, create a mood board and portfolio and have hands on sewing time. End the week with a fabulous fashion show! All levels are welcome, instructor will partner with campers to create a level appropriate design plan.

10 to 18 years:	Jul 25-29, Mon-Fri, 9am- 3pm	394039.01
Fee:	\$275 resident	

Space and Beyond Art Camp

Find adventure in space and beyond learning how to draw and paint shooting stars, colorful galaxies, planets and more using color pencils, pastels and acrylic paint. Students will complete an 8"x10" acrylic painting.

5 to 7 years:	Jul 25-29, Mon-Fri, 9am-12pm	394041.00
8 to 12 years:	Jul 25-29, Mon-Fri, 1-4pm	394041.01
Fee:	\$225 resident/\$225 non-resident	

Zombie Apocalypse Training

The virus is spreading, the grid is down: how will you survive? In ZATC, recruits learn modern day survival skills, off-the-grid living skills, light-hearted combat training, weaponry, how to build a bug-out-bag, and cardio, so you can live to fight another day. Down and dirty fun.

12 to 18 years:	Aug 1-5, Mon-Fri, 9am- 1pm	394033.01
Fee:	\$170 resident	

Songs, Ukuleles and Fun

Kids want to write and perform their own songs for their friends... especially from a stage! Now they can! This fun camp introduces kids to the art of songwriting while teaching them how to play the ukulele. Taught by local singer-songwriter and experienced K-8 music educator John Mieras. Include high quality ukulele to keep.

10 to 16 years:	Aug 1-5, Mon-Fri, 9am-12pm	394038.01
	Aug 1-5, Mon-Fri, 1-4pm	394038.02
Fee:	\$200 resident	

Our Amazing Universe

Wander through the Solar System and learn about our Sun, the planets, and the intricacies of how it all works. A night of observation will be held at the end of the week!

7 to 10 years:	Aug 1-5, Mon-Fri, 9am-12pm	394023.02
11 to 13 years:	Aug 1-5, Mon-Fri, 1-4pm	394023.03
Fee:	\$125 resident	

Longmont Police Department
&
Boulder County Sheriff's Office
Firing Range and Training Center



Firing Range and Training Center

10916 Weld County Rd 5 | 303-774-4589 | RangeSupport@LongmontColorado.gov
LongmontColorado.gov/LongmontColorado.gov/firingrange

Range Members hours of use:
Friday 6-9pm | Saturday | Sunday 8am-5pm

Longmont Department of Public Safety and Boulder County Sheriff's Office Range is a great shooting and training facility. Used by Law Enforcement personnel during the week, the range is open specific weekend hours for public use. The firing range features 10 shooting stations ranging from 3 to 100 yards with target retrievers controlled by the shooter.



Every other Sunday, shooting will be conducted from the 50/75/100 yard line for rifle only.

Classes Available: Ladies Night, Introduction to Handguns and Concealed Carry Classes.

Member Application process includes \$100 background check (non-refundable) and a range orientation class, upon completion of both you will be able to choose one of six shooting plans. Members will have the ability to reserve a shooting lane and time, family plans are available. To start the application process, visit the website above.

Firing Range Membership Plans

Premier \$500/year
Includes unlimited - 1 hr visits + unlimited paid guest visits

Plan A: Expert \$400/year
Includes 50 - 1 hr visits + unlimited paid guest visits

Plan B: Sharpshooter \$350/year
Includes 35 - 1 hr visits + unlimited paid guest visits

Plan C: Marksman \$250/year
Includes 25 - 1 hr visits + unlimited paid guest visits

Occasional Shooter \$200/year
Includes 12 - 1 hr visits + unlimited paid guest visits

A La Carte \$20/per hour
Unlimited number of visits + unlimited paid guest visits
\$35 annual renewal fee for A La Carte plan

Employees of the City of Longmont, Boulder County Sheriff's Office, retired law enforcement officers and retired military are eligible for a 20% discount on all membership plans.

All training provided by professional instructors from the Longmont Department of Public Safety.



Union Reservoir

0461 Weld County Rd 26
Longmont, CO 80504
303-772-1265

Union Reservoir is a 736-acre body of water offering the best in wakeless boating and a variety of other outdoor activities. For more information: LongmontColorado.gov/UnionRes

Union Reservoir Hours

Park Hours Daily from Sunrise to Sunset
Note: Hours subject to change

Admission Fees:

Vehicle	\$8
Trailered Boat	\$8
Bicycle/Walk-in	\$2/person
Season Pass	\$60/\$75
2nd Vehicle Pass	\$40/\$50
Senior Pass	\$35/\$44
2nd Vehicle Senior Pass	\$25/\$31
Trailered Boat Pass	\$45/\$56
Commercial Vehicles	\$75
Year-round Boat Storage	\$430/\$537
<i>*includes vehicle & boat season pass</i>	

Union Scheduled Events

Limited access or park closure may occur during these events. Please call the reservoir office for additional information:

May 21: Triathlon
June 25: Kinetics
August 14: Triathlon
September 25: Triathlon

Camping: May 1 - October 31

Available on Friday and Saturday nights and holidays. No camping Sunday through Thursday. \$12/night. Admission to camping does not include the gate fee. Book online at LongmontColorado.gov.

Fishing: Wiper, trout, catfish, perch, walleye, and crappie are abundant.

Boating Activities: Union Reservoir is wakeless.

Picnicking: Call 303-772-1265 for information on reserving shelter or picnic areas.

Swimming: A sandy beach with a roped-in waterfront area. Wading is not allowed outside of the swim beach area. Large groups are asked to call 1 week in advance of swimming.

Beach Hours:

May 28-30 Sat-Mon, 10am-6pm
May 31-Jun 3 Tue-Fri, 12-5pm
Jun 4-Aug 14 Mon-Thurs, 10am-6pm
Fri-Sun, 10am-8pm
Aug 20-Sept 5 Sat & Sun, 10am-7pm

Dog Training Area: Specific area set aside for off-leash land and water activities

Open Water Swims (OWS)

Please note: for the safety of all, open water swims are exclusively for open water swimmers. Children and spectators are NOT allowed in the water to allow lifeguards to guard without distraction. Open water swim fee is per person and includes gate admission. Recreation facility passes NOT accepted.

May 14, Sat, 10-11:30am \$10

June 7-September 17

Tues & Wed: 5:45pm-7:15pm[†]
[†]effective 8/9, time 5:30-7pm
Saturday: 8:15am-10:15am*
*8:45am start Jun 11 & 18

June 10-July 29

Friday: 5:45am-7:15am

OWS unlimited pass	\$120
5 visit OWS pass	\$35
10 visit OWS pass	\$60
Drop-in OWS	\$8

Other Activities: A modern Playground and Sand Volleyball pit.

Paddleboard rentals available:
rockymtnpaddleboard.com



Visitors Center



Camps



Special Presentations



Nature Awareness Talks

Sandstone Ranch Group Tours

Nature, explore, and more!

Classes, organizations, families...

Call 303-774-4757 to schedule.

1Hr: \$3/person 2Hr: \$4/person



How to Get to Sandstone Ranch Visitors Center

Sandstone Ranch Visitors Center is located just east of Longmont on Highway 119. The turn-off for the District Park and Visitors Center is one mile east of the Intersection of Highway 119 and Weld County Road 1. Drive south on Sandstone Drive (next to the football and soccer fields) and follow the directional signs to the Visitors Center/ Trailhead parking lot. Follow the walking trail down to the Visitors Center. Handicapped parking is available in front of the Visitors Center.

SANDSTONE RANCH

3001 Sandstone Drive
Longmont, CO 80504
303-774-4692

Sandstone Ranch Visitors & Learning Center

Visitors Center Hours:

Tuesdays 9am to noon, May 17 through October 25

Saturdays 10am-2pm, 2nd & 4th Saturdays, May 14 through Oct 22

No pets allowed at the center or on trails due to wildlife.

Discover a treasure of nature & history just outside your door.

The Visitor Center includes hands-on displays on environmental features of the area, as well as history of the Coffin family who homesteaded the site, and other early Longmont history. There is no admission fee to the Visitor Center. A nature trail from the Visitor Center takes you past several historical buildings, near the sandstone bluffs, and includes a scenic overlook.

Programs at Sandstone Ranch

TUESDAY TREASURES

May-Oct, Tuesdays, 9am-12pm Free - suggested \$2 per person donation

Enjoy these self-guided indoor/outdoor educational stations around the house/property. Young and young-at-heart are welcome to come learn with us in the middle of the week! Guest speakers, guided walks or historic crafts may be available.

1st Tues of the month: Plants

2nd Tues of the month: Birds

3rd Tues of the month: Geology

4th Tues of the month: Mammals

FUN FRIDAYS FOR KIDS

June & July*, Fridays, 10am-noon

Weekly themed crafts & activities for ages 2-12 (adults need to accompany children) Think about carpooling with another family and either help the kids make crafts or sit back and watch the kids play. It's sure to be a good time, and a great place to get the kids out of the house. *No July 1.

\$2/child suggested donation (to help with craft supplies), collected the day of event.

Community Nights @ the Ranch:

5:30-6:30 bring a sack dinner, enjoy the scenery & maybe even do a craft. Featured events are 6:30-7:30pm. These outdoor events are for all ages, with the option to move indoors in inclement weather.

June 21, Tuesday: Music to Soothe the Soul

Come listen to and be amazed by local musicians as they perform amazing sounds in the serene setting of the Historic Coffin Family homestead.

July 19, Tuesday: Folklore & Storytelling:

Enjoy "A Pioneer's Life on the Ranch" by storyteller Linda Batlin

What was daily life like on a frontier ranch in the 1880's? Come hear how a pioneer woman describes her life – how she and her family migrated west, the struggles and challenges they endured to come to Colorado and settle on a ranch. This is a peek at a way of life that is no more, but one that cannot be forgotten.

Aug 16, Tuesday: Come and BEE astounded!

More than 940 types of bees live in Colorado! David Julie, of the Colorado Native Plant Society, will introduce you to bees, flowers, and pollination, and their perennial colony cycle. Enjoy discussion, interactive stations and Q&A time with David. Fun for ALL ages!!!

Did you know you can rent the Sandstone Visitors Center?

Reserve the scenic Sandstone Ranch House for your next small meeting, retreat or special event, including weddings, anniversary parties and family gatherings. A four-hour minimum reservation is required and all use of the premises must end by 10 pm. Indoor and outdoor space is available. For more information, visit LongmontColorado.gov/Sandstone, email SSRHouse@LongmontColorado.gov or call 303-774-4757.

Events, Workshops & Programs at Sandstone Ranch

The following workshops and programs have limited seating. Pre-registration is encouraged either online, LongmontColorado.gov/rec or by calling 303-651-8404. Suggested donations are collected at the event.

May

Nature Art Show & Sale

May 7, Sat, 10am-2pm

Come enjoy the talents of local artists at the Historic Coffin Family Homestead. Plan to relax and enjoy nature art that includes woodwork, photography, paintings and more! Free to attend! A portion of all sales will be donated to Sandstone Ranch Visitors & Learning Center

Season Opening at the Ranch

May 14, Sat, 10am-2pm

Come enjoy a Nature Scavenger Hunt, Nature crafts, Geocaching & refreshments. Rain or shine, the house will be open to the public. Talk with the volunteers about local wildlife, history, & future events!

Birding Basics May 14, Sat, 10:30am-12pm

Do you like birds but don't know how to identify them? Learn basic skills and tips on how to enjoy bird watching. All ages welcome (parents must accompany children under 12). Reserve by May 9. 206205.A
\$4/person suggested donation

Bird Watching @ the Ranch

May 28, Sat, 8-10am

We'll start in front of the Visitor's Center and seek out wrens, raptors, herons, & more. Bring binoculars or a spotting scope & dress accordingly. ***This is for those who have at least some knowledge about birding.* Reserve by June 7. 206505.A

June

Tuesday Guest Speaker: Wildflowers

June 7, Tues, 9:30am

Enjoy a short talk on the summer wildflowers of Sandstone followed by a walk to look for our early summer beauties with Ann Grant, Colorado Native Plant Society member and Native Plant Master. Bring a wildflower key if you have it and we can try our hand at keying. Reserve by July 3. 306520.06

Under The Night Sky June 11, Sat, 8pm

Enjoy an inside lecture then head outdoors to view the night skies by the Longmont Astronomical Society. All ages welcome. No registration necessary. \$4/person suggested donation.

Geocaching Workshop June 25, Sat, 12-1:30pm

This workshop is for those new to geocaching to come to learn, as well as those who have experience to come share knowledge and fun stories related to this activity. Help make a geocache specifically for Sandstone Ranch to be added to those found in Longmont. All ages welcome - no registration necessary.

July

Geology Walk at Sandstone Ranch

July 9, Sat, 10-11:30am

Join volunteer naturalist's Dick Pratt and Roger Myers to explore and learn about the geology of Sandstone Ranch and Boulder County. From a scenic overlook, learn about this dramatic and diverse landscape, from the Great Plains to the Continental Divide. After a short and easy walk exploring geologic history, you can visit the beautiful and historic Sandstone Ranch house to learn about some of the human history associated with this site. Reserve by July 5. 306507.A
\$4/person suggested donation

Modified Visitors Center Hours

July 23, Sat, 9am-12pm

Plant Class: Wildflowers at Sandstone

July 23, Sat, 9:30am-12pm

Join Ann Grant, a member of the Colorado Native Plant Society and Native Plant Master, for a short talk followed by a hunt for some gems of Sandstone walking out on the Loop Trail. Bring a plant key if you have one and we can take some time along the trail to reveal the mystery of "keying". Reserve by July 18. 306520.07
\$4/person suggested donation

August

Plant Class: Late-Summer Blooms

Aug 27, Sat, 10:30am-12pm

Join Ronda Koski from the N Chapter of the CO Native Plant Society for a walk around on the Sandstone loop trail looking at species in bloom and be ready to have fun while learning some interesting botanical information. Reserve by Aug 15. 306508.A
\$4/person suggested donation.

Save the Date

Mother Nature's Halloween Trail

A Special Adventure for Children & their Families!

October 1, Saturday, 5-9pm

- Take a walk along the luminaria trail to the historic barn – meet historic characters
- Meet Mother Nature's Halloween favorites: raptors, owls, and much more!
- Come dressed as your favorite animal
- Free admission / suggested donation: \$10 per family / \$3 per person
- Enjoy refreshments at the historic home

Facility Rentals

The City of Longmont and Longmont Recreation Services have a number of facilities that are available to rent for a meeting or special event. Fees listed are for Longmont residents, non-resident rate slightly higher.

Cancellations with two weeks notice or less are subject to loss of deposit and/or loss of a percentage of fees paid.

Please be aware that special permits are required by the City Clerk's Office, 303-651-8649, if you are holding a large event, charging admission or serving or selling alcohol.

LONGMONT RECREATION SERVICES

All Recreation Services facilities offer during-hours and after-hours rentals. LongmontColorado.gov/rec



Centennial Pool

1201 Alpine St • 303-651-8406
Multipurpose Room
Pool Rental



Sunset Pool - Seasonal
1900 Longs Peak Ave • 303-651-8300
Indoor Meeting/Party Room
Outdoor pool and shade shelters



Roosevelt Activity Pool - Seasonal
903 8th Ave • 303-651-8406
Outdoor pool and shade shelters

Kanemoto Activity Pool - Seasonal
1151 S Pratt Pkwy • 303-651-8406
Outdoor pool, new in 2016

St Vrain Memorial Building
700 Longs Peak Ave • 303-651-8404
Meeting/Party Rooms
Gymnasium

Roosevelt Pavilion
725 8th Ave • 303-651-8404
Outdoor cabana space

Athletic Fields - Seasonal
Long & short term reservations
Contact: 303-774-4758



Longmont Recreation Center
310 Quail Rd • 303-774-4800
Meeting/Party Rooms
Gymnasium | Pool Rentals



Sandstone Ranch
Visitors & Learning Center
3001 Sandstone Dr | 303-774-4757
Small venue for weddings, anniversaries, meetings, retreats and other services. Private tours available.

Willow Farm Barn
901 S. Fordham St • 303-651-8404
Enclosed shelter with six picnic tables adjacent to playground and modern restrooms. Seasonal. Cost is \$45 half-day/ \$70 whole-day; \$200 deposit required, \$50 deposit for electrical outlet.

Golf Course Facilities
Sunset | 303-651-8466
Twin Peaks | 303-651-8401
Ute Creek | 303-774-4342
Meeting/Banquet room amenities, capacities, and rental fees vary per site. Deposit required.



Izaak Walton Clubhouse
18 S Sunset St,
access via 3rd & Sunset St
until June when bridge opens
Contact: 303-651-8404
Capacity: 95 people with tables & chairs
Cost is \$50/hr for pm/weekend/ holidays;
\$25 weekdays. \$200 deposit required
LongmontColorado.gov/rec



Historic Callahan House

312 Terry St | 303-776-5191
Capacity In-house event: 80
Sit-down meals: 50
House and garden: 150
Weddings & Receptions, Parties, Meetings, Retreats. Full-service catering available. Cost varies; deposit required.
LongmontColorado.gov/Callahan



Park Shelters -
For reservation April - Oct.
Many of our parks provide shelter structures that offer an excellent place to host gatherings or special events. There are two ways for you to reserve a shelter:
• www.LongmontColorado.gov/park-shelters
• (303) 651-8404
Cost is \$60/day for most, May 15-Aug 15.

Senior Center
910 Longs Peak Ave | 303-651-8442
Nights and Weekends Only.
Capacity varies from small classroom to large event room with seating up to 250 people. Cost varies by room size, \$30/hr to \$125/hr; Deposit required.
LongmontColorado.gov/senior-services

Longmont Museum
400 Quail Road | 303-651-8374
Multiple spaces available from 50-person classrooms, to a 250-seat auditorium, to a two-story glass atrium. Wedding & receptions, parties, meetings, retreats, fundraising events. Learn more at www.longmontcolorado.gov/museum.

Longmont Public Library
409 4th Ave | 303-651-8795
Capacity: 12 to 90 people
Classroom and meeting space
Free -Only non-profit/educational usage.

Fire Station Community Rooms
Fire station #3: 1000 Pace St
Fire station #5: 617 Barberry Dr
Classroom Space, Capacity (each room): 50
Contact: 303-651-8437 or
LongmontColorado.gov, search "Fire Station Reservations"

Park Shelter Reservations

Good to know:

- Park Shelters are \$60/day (peak season May 15-Aug 15) or \$40/day off-season, unless otherwise noted.
- Popular Shelters are listed; a full list is available online.
- Reservations are accepted for the months April-October. Shelters are first come, first served November-March.
- A Use of Public Places Permit (UOPP) is required if your event:
 - Invites the Public
 - Involves a charge or donation to attend
 - Modifies the site – i.e. bringing in tents, tables, stage, etc
 - Includes alcohol

A UOPP Permit is available online at LongmontColorado.gov, search “UOPP”. In person applications are taken at the City Clerk’s Office, Civic Center, 350 Kimbark. Questions about the UOPP process? City Clerk’s Office: 303-651-8649



Discover More with Park Finder

Longmont has a total of 42 parks that offer a wide variety of settings and experiences. Whether you’re looking for an active adventure or a peaceful respite, you’re sure to find just the right park for the occasion by using our online park finder. Visit bit.ly/parkfinder today and discover all the possibilities.

Popular Shelters-Northwest

Flanders Park

Volleyball court, combination basketball/roller hockey court, shelter and a picnic with a BBQ pit, and capability for fishing.



Dawson Park

Two tennis courts, volleyball court, playground, two shelters, one restroom attached to the eastern shelter, capability for fishing. *New Playground!*

Hover Acres Park

This park has a shelter, two tennis and volleyball courts, basketball court, as well as a combination football and soccer field.

Loomiller Park

This park offers a 9-hole disc golf course, a playground as well as two sheltered picnic areas with a BBQ pit.

Popular Shelters-Southwest

Izaak Walton Clubhouse

\$200 building deposit (refundable when keys are returned and the condition of the building is good), \$25/hr on weekdays before 5pm; \$50/hr weekdays after 5pm and on weekends. Capacity 95; parking spaces are limited and not reservable.

Willow Farm Barn & Shelter

\$200 building deposit, \$50 surge protector deposit (both refundable when keys are returned and the condition of the building is good), \$45/\$56.25 (resident/non-resident) for four hours or less, \$70/\$87.50 for four to eight hours. Parking spaces are limited.

Thompson Park

Two shelters, electricity, playground, grills.

Roosevelt Park

Old Stone Shelter with electricity, near playground and restrooms.

Left Hand Creek Park

Two shelters, three basketball courts, a volleyball court, a roller hockey court and football/soccer fields. A playground is available.

Blue Skies Park

Two shelters, basketball court, roller hockey/wheels park, restroom and playground.

Popular Shelters-Northeast

Stephen Day

Wheels park, courts for sand volleyball and basketball, an all-ages water-spray area. Two shelters with three picnic tables and grills each. Available are an off-leash dog park and a playground.

Rough and Ready Park

Courts available for bocce ball, horseshoe tossing, sand volleyball and basketball. A playground and Wheels park as well as two shelters covering three picnic tables and a grill each. There is also a crawdad exploration area and an off-leash dog park.



Lanyon Park

Available at this park are three baseball fields, a basketball court, two shelters, a restroom and a playground. *New Playground!*

Jim Hamm Nature Area

A spacious walking path encompasses this westward facing park, which includes a shelter area with picnic tables and a grill.

Popular Shelters-Southeast



Kensington *New Playground!* This park has a shelter, a restroom, picnic and BBQ area and a basketball court.

Collyer

Two tennis courts, a volleyball court, playground and two shelters.

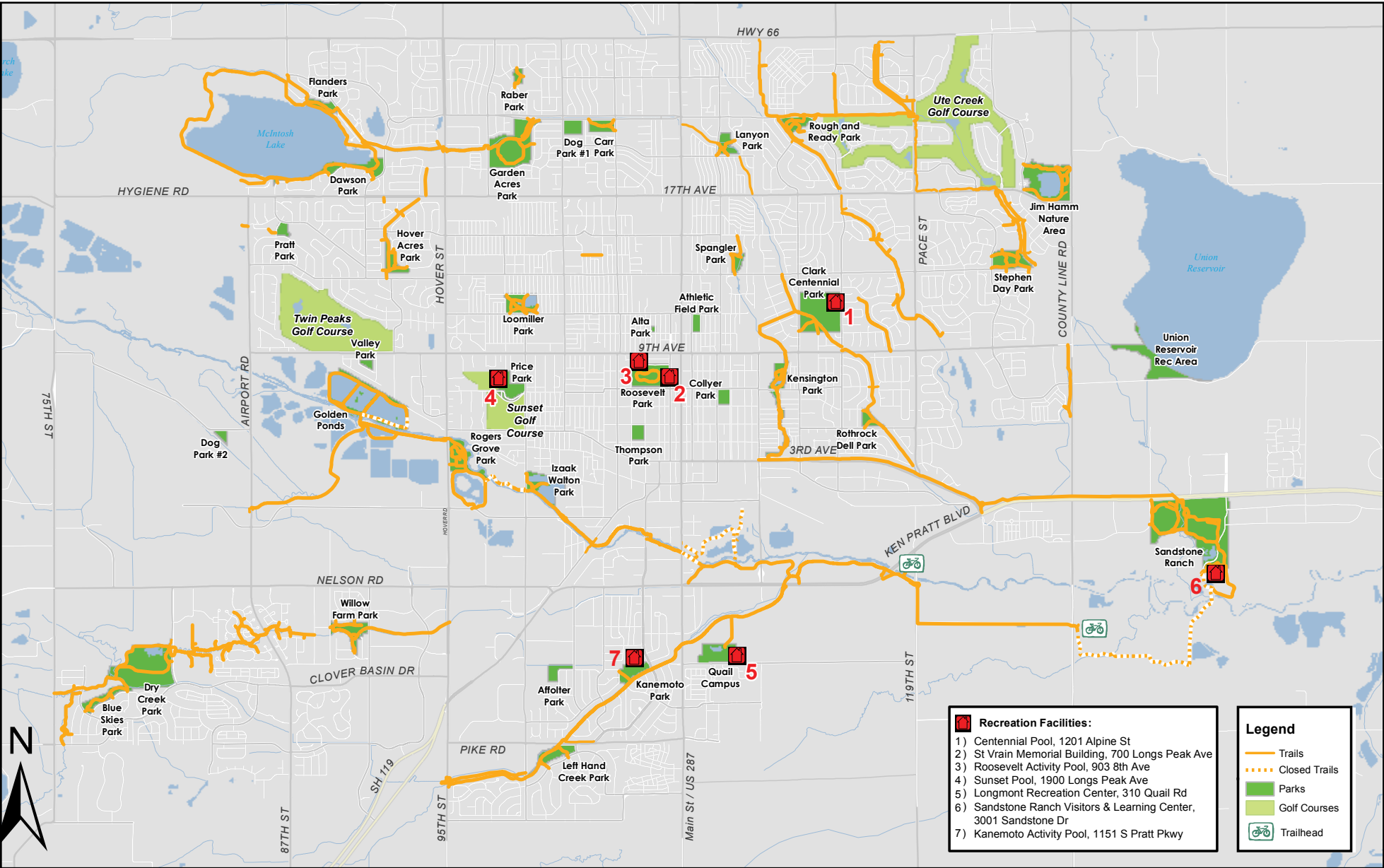


Rothrock Dell Park

This park includes a baseball field, basketball court, roller-hockey court, playground and shelter with picnic area. *New Playground!*

Sandstone

Four baseball fields, five soccer fields (two with lights), an adventure playground area, skate park, five shelters (three of which are reservable), and two concession stands. E-5 is on the western side of the playground; E-4 is on the east side of the playground with a line-of-sight to the nearby water-spray area; the large shelter at the playground with the restrooms (E-3) is not rentable. E-2 is on the southeast portion of the park, far from playgrounds, has electricity, and is \$25/hour.



See a complete list of shelters and make reservations online: www.LongmontColorado.gov/park-shelters



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www.longmontcolorado.gov/nextlight

Longmont Recreation Services
 City of Longmont
 700 Longs Peak Ave
 Longmont, CO 80501

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